

LUNCH -- Milk Offered
 Students 6-8 must have 1/2 cup of fruit or vegetable and 2 other components. Students 9-12 must have 1 cup of fruit or vegetable and 2 other components.

H/S & M/S February 2019

BREAKFAST - Milk Offered
 Students must have 1/2 cup fruit or juice at breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
WW - Whole Wheat WG - Whole Grain					1 Chocolate Bread Slice OR Cereal / Crackers Corn Dog Tossed Salad Red Pepper Strips Fresh Broccoli/ Tri Tater Roasted German Veggies Fruit Cocktail Opt. Entrée Spicy Chicken Salad
This institution is an equal opportunity provider.	4 Mini Chocolate Chip Fench Toast OR Cereal / Crackers Meatball Sub Garden Spinach Salad Roasted Cauliflower Baby Carrots / Cucumber Slices Green Pepper Strips Diced Pears Opt. Entrée Caesar Chicken Salad	5 Breakfast Burrito W/ Salsa OR Cereal / Yogurt Super Nachos Shredded Lettuce Diced Tomatoes Spanish Rice / Refried Beans Chuck Wagon Vegetables / Salsa Tropical Fruit Opt. Entrée Veggie Wrap	6 Pancake Stick W/ Syrup OR Cereal / Crackers Chicken Patty Hot Roll W/ Jelly Mashed Potatoes W/ Gravy Tossed Salad / Grape Tomatoes Roasted Carrots Jello Apple Slices Opt. Entrée Buffalo Chicken Salad	7 Sausage Cheese Biscuit OR Cereal / Crackers Turkey & Cheese Sub Lettuce Leaves/ Pickles Tomato Slices/ Onion Slices Celery Sticks/ Roasted Veggies Tater Tots Peach Slices Opt. Entrée Caesar Chicken Wrap	8 Mini Cinnamon Cream Cheese Bagel OR Cereal / Crackers Cheese Pizza Garden Fresh Salad Steamed Peas Baby Carrots Red Pepper Strips Applesauce Opt. Entrée Fiesta Chicken Salad
	We will be offering an uncrustable meal, or a different Salad or Wrap as an optional entree EVERYDAY	11 Grape Filled Crescent OR Cereal / Crackers Calzone Meat Combo Fresh Spinach Salad Baby Carrots Red Pepper Strips Roasted Broccoli Pineapple Slices Opt. Entrée Ham Chef Salad	12 Cinnamon Bread Slice OR Cereal Bar / String Cheese Chicken Quesadilla Shredded Lettuce / Cheese Sauce Diced Tomatoes Corn / Salsa/ Black Beans Fresh Broccoli / Cauliflower Rosey Applesauce Opt. Entrée Sriracha Wrap	13 Muffin/ Yogurt OR Cereal / Yogurt Chicken Drum Stick Twiced Mashed Potatoes Hot Roll W/ Jelly Steamed Peas Baby Carrots / Celery Sticks Mandarin Oranges Opt. Entrée Spicy Salad	14 Ham & Cheese Bar OR Cereal / Crackers Grilled Chicken on Bun Lettuce Leaves / Pickles Tomato / Onion Slices Steamed Carrots / French Fries Cucumber Slices / Green Pepper Strips Pineapple Cherry Orange Cup Opt. Entrée BLT Turkey Wrap
Menu items are subject to change without notice.		18 NO SCHOOL	19 Mini Pancakes / Yogurt OR Cereal / Crackers Crispito W/ Cheese Sauce Shredded Lettuce Diced Tomatoes / Salsa Refried Beans / Chuck Wagon Vegetables Hawaiian Tropical Fruit Opt. Entrée Spicy Chicken Wrap	20 Breakfast Pizza OR Cereal / Yogurt Salisbury Steak Mashed Potatoes W/ Gravy Hot Roll W/ Jelly / Green Beans Fresh Broccoli / Baby Carrots Peach Slices Opt. Entrée Fiesta Chicken Salad	21 Banana Bread Slice OR Cereal / Crackers Ribette on Bun Tossed Salad / Onion Slices Lima Beans / Tri Tater Red Pepper Strips / Steamed Cauliflower Fruit Cocktail Opt. Entrée Caesar Wrap
	Free and Reduced Price Meal information and application can be obtained by contacting the Food Service Office.	25 Breakfast Pizza OR Cereal Bar / String Cheese Bosco Stick W/ Marinara Garden Spinach Salad Roasted Vegetables Baby Carrots / Cucumber Slices Pineapple Chunks Opt. Entrée Buffalo Chicken Salad	26 Apple Frudel Strudel OR Cereal / Crackers Taco Salad/ Shredded Cheese Shredded Lettuce / Corn Diced Tomatoes / Salsa Spanish Rice / Black Beans Diced Pears Opt. Entrée Caesar Wrap	27 Zucchini Bread Slice OR Cereal / Yogurt Chicken Strips Hot Roll W/ Jelly Mixed Vegetables/ Sweet Potato Fries Tossed Salad/ Baby Carrots Strawberry & Bananas Opt. Entrée Sriracha Salad	28 Cereal Bar/ String Cheese OR Cereal / Crackers Spicy Chicken Patty on Bun Lettuce Leaves/ Pickles Tomato Slices / Onion Slices Cheesy Cauliflower/ Green Pepper Strips Tri Tater/ Tropical Fruit Opt. Entrée Spicy Chicken Wrap