

# February 2019

## Junior/Senior High Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Entrees • Biscuits and Gravy with Sausage  • Mini Pancakes • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit
<b>4</b> Entrees • Breakfast Sliders • Sausage Biscuit • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>5</b> Entrees • Colby Egg Omelet • Strawberry Shortcake Biscuits • Cereal • Oatmeal Cereal, Egg, and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Chilled Fruit	<b>6</b> Entrees • French Toast Casserole with Syrup  • Sausage Pancake on a Stick with Syrup  • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>7</b> Entrees • Blueberry Sweet Roll • Breakfast Nachos • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>8</b> Entrees • Biscuits and Gravy with Sausage  • Mini Waffles • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit
<b>11</b> Presidents Day - No School	<b>12</b> Entrees • French Toast Sticks with Syrup  • Fruit and Yogurt Parfait with Fruit Muffin  • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>13</b> Entrees • Scrambled Eggs • Chocolate Croissant • Cereal • Oatmeal Cereal, Egg, and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Fresh Fruit	<b>14</b> Valentine's Day! Entrees • Cherry Pie Sweet Roll • Breakfast Burrito • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Chilled Fruit	<b>15</b> Entrees • Biscuits and Gravy with Sausage  • Cinnamon Streusel Crumb Cake • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit
<b>18</b> Entrees • Breakfast Sliders • Waffles with Syrup  • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>19</b> Entrees • Cinnamon Roll • Pancake Sausage Griddle • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>20</b> Entrees • Chocolate French Toast • Peach Handpie • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>21</b> Presidents Day - No School	<b>22</b> Presidents Day - No School
<b>25</b> Entrees • Pancakes with Syrup  • Chicken Biscuit • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>26</b> Entrees • Western Egg 'N' Bacon Sandwich • Strawberry Shortcake Biscuits • Cereal • Oatmeal Cereal and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Chilled Fruit	<b>27</b> Entrees • Lemon Strawberry French Toast Casserole • Sausage Pancake on a Stick with Syrup  • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fruit Juice	<b>28</b> Entrees • Orange Roll • Breakfast Nachos • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	

More Details: [usd109.nutrislice.com/menu/juniorsenior-high/breakfast/](http://usd109.nutrislice.com/menu/juniorsenior-high/breakfast/)  
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PLEASE NOTE -- All meals come with a choice of milk

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**



**1**

- Entrees**
- Tony's Pizza
  - Peanut Butter and Jelly Sandwich with Yogurt
- Entree Salad**
- Popcorn Chicken Salad
  - Pineapple Muffin
- Sides**
- Baby Carrots with Ranch Dressing
  - Strawberry Banana Mix

**4**

- Entrees**
- BBQ Bacon Wrapped Hot Dog
  - Roast Beef Melt
  - French Fries with Ketchup
- Entree Salad**
- Cobb Salad
  - Blueberry Muffin
- Sides**
- Fresh Garden Salad
  - Mandarin Oranges

**5**

- Entrees**
- Enchilada
  - Chicken and Waffles with Syrup
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Sides**
- Spring Salad Mix
  - Cheesy Broccoli
  - Cinnamon Apples

**6**

- Entrees**
- Baked Ham
  - Chicken Patty
  - Spicy Chicken Patty
- Entree Salad**
- Chicken Caesar Salad
- Sides**
- Mashed Potatoes with Gravy
  - Green Beans
  - Pineapple
  - Hot Rolls

**7**

- Entrees**
- Chicken Alfredo with Italian Bread
  - Super Nachos
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Spring Salad Mix
  - BBQ Bacon Beans
  - Pears

**8**

- Entrees**
- Italian Sub
  - Fish and Chips
- Entree Salad**
- Popcorn Chicken Salad
  - Pineapple Muffin
- Sides**
- Fresh Garden Salad
  - Roasted Vegetables
  - Tropical Fruit

**11**

Presidents Day - No School

**12**

- Entrees**
- BBQ Beef on Bun
  - Krispito
  - French Fries with Ketchup
- Entree Salad**
- Cobb Salad
  - Blueberry Muffin
- Sides**
- Spring Salad Mix
  - Banana Orange Mix

**13**

- Entrees**
- Jalapeno Cheddar Meatloaf
  - Chicken Patty
  - Spicy Chicken Patty
- Entree Salad**
- Chicken Caesar Salad
- Sides**
- Mashed Potatoes with Gravy
  - Parmesan Roasted Carrots
  - Peaches
  - Hot Rolls

**14**

- Entrees**
- Chicken Strips with Italian Bread
  - Turkey w. Cran Jam Sandwich
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Sides**
- Fresh Garden Salad
  - Corn
  - Applesauce

**15**

- Entrees**
- BBQ Bacon Chicken Sandwich
  - General Tso Chicken with Rice
- Entree Salad**
- Popcorn Chicken Salad
  - Pineapple Muffin
- Sides**
- Spring Salad Mix
  - Pineapple

**18**

- Entrees**
- French Dip Sandwich
  - Cheddar-Toni with Italian Bread
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Sides**
- Spring Salad Mix
  - Tomato Soup
  - Peaches

**19**

- Entrees**
- Smothered Burrito
  - Chili with Cinnamon Roll
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Fresh Garden Salad
  - Cowboy Beans
  - Orange Pineapple Mix

**20**

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Hamburger Steak
- Entree Salad**
- Chicken Caesar Salad
- Sides**
- Mashed Potatoes with Gravy
  - Corn
  - Pears
  - Hot Rolls

**21**

Presidents Day - No School

**22**

Presidents Day - No School

**25**

- Entrees**
- Sloppy Joe
  - Chili Dog
  - French Fries with Ketchup
- Entree Salad**
- Cobb Salad
  - Blueberry Muffin
- Sides**
- Fresh Garden Salad
  - Mandarin Oranges

**26**

- Entrees**
- Chicken and Waffles with Syrup
  - Lasagna with Italian Bread
- Entree Salad**
- Italian Chef Salad
  - Italian Bread
- Sides**
- Spring Salad Mix
  - Steamed Broccoli
  - Cinnamon Apples

**27**

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Baked Ham
- Entree Salad**
- Chicken Caesar Salad
- Sides**
- Fresh Garden Salad
  - Mashed Potatoes with Gravy
  - Green Beans
  - Pineapple
  - Hot Rolls

**28**

- Entrees**
- BBQ Bacon Cheeseburger Nachos
  - Cubano Sandwich
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Spring Salad Mix
  - Refried Beans
  - Pears

# February 2019

## East Elementary Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Entrees • Tony's Pizza • Peanut Butter and Jelly Sandwich with Yogurt  Entree Salad • Popcorn Chicken Salad • Pineapple Muffin Sides • Fresh Garden Salad • Baby Carrots with Ranch Dressing  • Strawberry Banana Mix
4	5	6	7	8
Entrees • Hot Dog on Bun • Roast Beef Melt • French Fries with Ketchup  Entree Salad • Cobb Salad • Blueberry Muffin Sides • Fresh Garden Salad • Mandarin Oranges	Entrees • Enchilada • Chicken and Waffles with Syrup  Entree Salad • Italian Chef Salad • Italian Bread Sides • Fresh Garden Salad • Cheesy Broccoli • Cinnamon Apples	Entrees • Baked Ham • Chicken Patty Entree Salad • Chicken Caesar Salad Sides • Mashed Potatoes with Gravy  • Green Beans • Pineapple • Hot Rolls	Entrees • Chicken Alfredo with Italian Bread  • Super Nachos Entree Salad • Taco Salad • Cornbread Sides • Fresh Garden Salad • BBQ Bacon Beans • Pears	Entrees • Italian Sub • Fish Sandwich Entree Salad • Popcorn Chicken Salad • Pineapple Muffin Sides • Fresh Garden Salad • Roasted Vegetables • Tropical Fruit
11	12	13	14	15
Presidents Day - No School	Entrees • BBQ Beef on Bun • Krispito • French Fries with Gravy  Entree Salad • Cobb Salad • Blueberry Muffin Sides • Fresh Garden Salad • Banana Orange Mix	Entrees • Meatloaf • Chicken Patty Entree Salad • Chicken Caesar Salad Sides • Mashed Potatoes with Gravy  • Parmesan Roasted Carrots • Peaches • Hot Rolls	Entrees • Chicken Nuggets with Italian Bread  • Italian Bread • Egg, Bacon, and Cheese Burrito Entree Salad • Italian Chef Salad • Italian Bread Sides • Fresh Garden Salad • Corn • Applesauce	Entrees • Parmesan Chicken Sandwich • Tangerine Chicken with Rice Entree Salad • Popcorn Chicken Salad • Pineapple Muffin Sides • Fresh Garden Salad • Broccoli Cheese Soup • Pineapple
18	19	20	21	22
Entrees • French Dip Sandwich • Cheddar-Toni with Italian Bread  Entree Salad • Italian Chef Salad • Italian Bread Sides • Fresh Garden Salad • Tomato Soup • Peaches	Entrees • Three Cheese Grilled Cheese • Chili with Cinnamon Roll  Entree Salad • Taco Salad • Cornbread Sides • Fresh Garden Salad • Cowboy Beans • Orange Pineapple Mix	Entrees • Chicken Patty • Hamburger Steak Entree Salad • Chicken Caesar Salad Sides • Mashed Potatoes with Gravy  • Corn • Pears • Hot Rolls	Presidents Day - No School	Presidents Day - No School
25	26	27	28	
Entrees • Sloppy Joe • Hot Dog on Bun with 3 Cheese Mac & Cheese  • French Fries with Ketchup  Entree Salad • Cobb Salad • Blueberry Muffin Sides • Fresh Garden Salad • Mandarin Oranges	Entrees • Chicken and Waffles with Syrup  • Lasagna with Italian Bread  Entree Salad • Italian Chef Salad • Italian Bread Sides • Fresh Garden Salad • Steamed Broccoli • Cinnamon Apples	Entrees • Chicken Patty • Baked Ham Entree Salad • Chicken Caesar Salad Sides • Mashed Potatoes with Gravy  • Green Beans • Pineapple • Hot Rolls	Entrees • BBQ Bacon Cheeseburger Nachos • Ham and Cheddar Melt Entree Salad • Taco Salad • Cornbread Sides • Fresh Garden Salad • Refried Beans • Pears	

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# February 2019

## East Elementary Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Biscuits and Gravy with Sausage</li> <li>• Mini Pancakes</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>
<p><b>4</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Breakfast Sliders</li> <li>• Sausage Biscuit</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>	<p><b>5</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Colby Egg Omelet</li> <li>• Strawberry Shortcake Biscuits</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal, Egg, and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Toast with Margarine and Jelly</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	<p><b>6</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• French Toast Casserole with Syrup</li> <li>• Sausage Pancake on a Stick with Syrup</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>	<p><b>7</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Blueberry Sweet Roll</li> <li>• Breakfast Nachos</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Cinnamon Toast</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	<p><b>8</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Biscuits and Gravy with Sausage</li> <li>• Mini Waffles</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>
<p><b>11</b></p> <p>Presidents Day - No School</p>	<p><b>12</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• French Toast Sticks with Syrup</li> <li>• Fruit and Yogurt Parfait with Fruit Muffin</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Cinnamon Toast</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	<p><b>13</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Scrambled Eggs</li> <li>• Chocolate Croissant</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal, Egg, and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Toast with Margarine and Jelly</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>	<p><b>14</b></p> <p>Valentine's Day!</p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Cherry Pie Sweet Roll</li> <li>• Breakfast Burrito</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	<p><b>15</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Biscuits and Gravy with Sausage</li> <li>• Cinnamon Streusel Crumb Cake</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>
<p><b>18</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Breakfast Sliders</li> <li>• Waffles with Syrup</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>	<p><b>19</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Cinnamon Roll</li> <li>• Pancake Sausage Griddle</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Cinnamon Toast</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	<p><b>20</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Chocolate French Toast</li> <li>• Peach Handple</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>	<p><b>21</b></p> <p>Presidents Day - No School</p>	<p><b>22</b></p> <p>Presidents Day - No School</p>
<p><b>25</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Pancakes with Syrup</li> <li>• Chicken Biscuit</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fresh Fruit</li> </ul>	<p><b>26</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Western Egg 'N' Bacon Sandwich</li> <li>• Strawberry Shortcake Biscuits</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Toast with Margarine and Jelly</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	<p><b>27</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Lemon Strawberry French Toast Casserole</li> <li>• Sausage Pancake on a Stick with Syrup</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Yogurt</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Fruit Juice</li> </ul>	<p><b>28</b></p> <p>Entrees</p> <ul style="list-style-type: none"> <li>• Orange Roll</li> <li>• Breakfast Nachos</li> <li>• Cereal</li> <li>• Oatmeal</li> </ul> <p>Cereal and Oatmeal Sides</p> <ul style="list-style-type: none"> <li>• Cinnamon Toast</li> </ul> <p>Fruit</p> <ul style="list-style-type: none"> <li>• Chilled Fruit</li> </ul>	

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