



Happy Valentines Day



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider. Menus are subject to change



Monday



Cereal 2 varieties **4**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Pancake On A Stick (GOLD)

Cereal 2 varieties **11**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Pancakes and Sausage (BLUE)



Cereal 2 varieties **25**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Pancake On A Stick (BLUE)

Tuesday



Cereal 2 varieties **5**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Sausage Biscuit (BLUE)

Cereal 2 varieties **12**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Breakfast Pizza (GOLD)

Cereal 2 varieties **19**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Sausage Biscuit (BLUE)

Cereal 2 varieties **26**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Breakfast Pizza (GOLD)

Wednesday



Cereal 2 varieties **6**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut (GOLD)

Cereal 2 varieties **13**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Breakfast Granola Bar

Cereal 2 varieties **20**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut (GOLD)

Cereal 2 varieties **27**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Breakfast Granola Bar (BLUE)

Thursday



Cereal 2 varieties **7**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Biscuits and Gravy (BLUE)

Cereal 2 varieties **14**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Tornado (BLUE)

Cereal 2 varieties **21**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Biscuits and Gravy (BLUE)

Cereal 2 varieties **28**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Tornado (GOLD)

Friday

Cereal 2 varieties **1**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut (BLUE)

Cereal 2 varieties **8**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut (GOLD)

Cereal 2 varieties **15**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut (GOLD)

Cereal 2 varieties **22**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut (GOLD)

