



♥ 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

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



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

Tuesday



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

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

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

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

Wednesday



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

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

Cereal 2 varieties **27**
Pop- Tart or Strudel
100% Fruit Juice 3 varieties
Fruit / Yogurt
Donut

Thursday



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

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

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

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

Friday

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

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

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

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

