



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



Happy Valentine's Day

Monday



4
Hard Shell taco
Breaded Chicken Sandwich

Lettuce / Tomato / Corn
Tortilla Chips / Salsa
Pineapple

11
Burrito w/ cheese Sauce
Tenderloin Sandwich

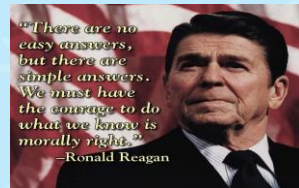
Lettuce / Tomato / Corn
Tortilla Chips / Salsa
Fruit Cocktail



25
Taco Crunch with Fritos
Grilled Chicken Sandwich

Lettuce & Tomato
Corn
Salsa
Pineapple

Tuesday



5
Chicken Alfredo & Biscuit
Corn Dog

Cesar Salad / Broccoli
Chilled Peaches

12
Spaghetti & Garlic Bread
Corn Dog

Cesar Salad / Broccoli
Chilled Pears

19
Sweet & Sour Chicken
With Egg Roll
Corn Dog

Rice / Chilled Peaches
Cucumber and Peppers w/Ranch

26
Grilled Cheese
Corn Dog

Tomato Soup
Cesar Salad
Chilled Pears
Yogurt

Wednesday



6
BBQ Riblet Sandwich
PBJ-Cheese St-Goldfish

Lettuce / tomato
Baked Beans
Fries
Tropical Fruit

13
LATE START
Cheese Burger
PBJ-Cheese St- Goldfish

Lettuce / tomato
Baked Beans / Fries
Applesauce

20
Hot Ham and Cheese
Breaded Chicken

Baked Beans/ Fries
Tropical Fruit

27
Pig In A Blanket
BBQ Riblet

Baked Beans
Fries
Tropical Fruit

Thursday



Food Science

7
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (W) Gravy
Peas
Fresh Fruit

14
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (B) Gravy
Green Beans
Fresh Fruit

21
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (W) Gravy
Peas
Fresh Fruit

28
Chicken Strips / Roll
PBJ: Yogurt -Goldfish

Mashed Potato & (B) Gravy
Green Beans
Fresh Fruit

Friday

1
Pizza
PBJ: Yogurt -Goldfish
Salad Bar
Oranges
Cookie

8
Cheese Max Stick/ Marinara
PBJ: Yogurt / Goldfish

Salad Bar
Fresh Oranges
February Birthday Cake

15
Pizza
PBJ: Cheese St / Goldfish

Salad Bar
Fresh Oranges
Rice Krispy Treat

22
French Toast & Sausage
PBJ: Yogurt -Goldfish

Tri-Tater
Variety Juice
Muffin

PBJ:Yogurt and Goldfish offered as an Entrée everyday.

