



**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



**Hard Shell taco**  
**PBJ: Cheese St.- Goldfish**

Lettuce / Tomato  
Corn / Salsa  
Pineapple

(GOLD)

**Burrito w/ cheese Sauce**  
**PBJ: Yogurt - Goldfish**

Lettuce / Tomato  
Corn / Salsa  
Fruit Cocktail

(BLUE)

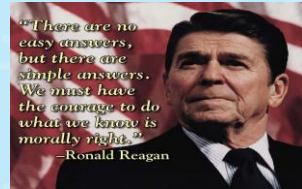


**Taco Crunch with Fritos**  
**PBJ: Cheese St. Fritos**

Lettuce & Tomato  
Corn  
Salsa  
Pineapple

(BLUE)

## Tuesday



**Chicken Alfredo & Biscuit**  
**PBJ: Yogurt - Goldfish**

Cesar Salad / Broccoli  
Chilled Peaches

(BLUE)

**Spaghetti & Garlic Bread**  
**PBJ: Cheese St. - Goldfish**

Cesar Salad / Broccoli  
Chilled Pears

(GOLD)

**Sweet & Sour Chicken With Egg Roll**  
**PBJ: Cheese St.- Goldfish**  
Rice / Chilled Peaches  
Cucumber and Peppers w/Ranch

(BLUE)

**Grilled Cheese**  
**PBJ: Yogurt- Goldfish**

Tomato Soup  
Cesar Salad  
Chilled Pears

(GOLD)

## Wednesday



**BBQ Riblet Sandwich**  
**PBJ-Cheese St- Goldfish**

Baked Beans / Fries  
Tropical Fruit

(GOLD)

Guest Lunch: Holmes / Bilderback

**LATE START / SACK LUNCH**  
**Corn Dog**  
**PBJ-Yogurt- Goldfish**

Carrots  
Chips  
Fresh Fruit

(13)

**Cheese Burger**  
**PBJ: Yogurt - Goldfish**  
Lettuce / Tomato  
Baked Beans / Fries  
Tropical Fruit

(GOLD)

Guest Lunch: Schimke / Pohl

**Pig In A Blanket**  
**PBJ: Cheese St.- Goldfish**

Baked Beans  
Fries  
Applesauce

(BLUE)

## Thursday



Food Science

**Chicken Nuggets / Roll**  
**PBJ: Yogurt -Goldfish**

Mashed Potato & (W) Gravy  
Peas  
Fresh Fruit

(7)

(BLUE)

**Chicken Nuggets / Roll**  
**PBJ: Cheese St -Goldfish**

Mashed Potato & (B) Gravy  
Green Beans  
Fresh Fruit

(14)

(BLUE)

**Chicken Nuggets/ Roll**  
**PBJ: Cheese St-Goldfish**

Mashed Potato & (W) Gravy  
Peas / Fresh Fruit

(21)

(BLUE)

**Chicken Nuggets / Roll**  
**PBJ: Yogurt -Goldfish**

Mashed Potato & (B) Gravy  
Green Beans  
Fresh Fruit

(28)

(GOLD)

## Friday

**French Toast & Sausage**  
**PBJ: Yogurt -Goldfish**

Tri-Tater  
Variety Juice

(1)

(BLUE)

**Cheese Max Stick/ Marinara**  
**PBJ: Cheese St. - Goldfish**

Salad & Carrots  
Fresh Oranges  
February Birthday Cake

(8)

(GOLD)

**Pizza**  
**PBJ: Yogurt - Goldfish**

Salad & Carrots  
Fresh Oranges  
Rice Krispy Treat

(15)

(GOLD)

**French Toast & Sausage**  
**PBJ: Yogurt -Goldfish**

Tri-Tater  
Variety Juice

(22)

(GOLD)

PBJ:Yogurt and Goldfish offered as an Entrée everyday.

