

LUNCH

FEBRUARY 2018

Renwick USD 267

Adult salad meal offered daily at all schools
 AHS – Alternative entrees offered daily
 GPHS – Hamburger bar offered MWTF

Monday

- BBQ Rib Sandwich
- Pickles and onion
- Sweet potato fries
- Steamed corn
- Warm Cinnamon apples
- Orange wedges
- Milk Choice

5

Tuesday

- Macaroni & Cheese
- Little Smokies
- Green beans
- Baby carrots
- Fruit cocktail
- Fresh Strawberries
- WG Dinner Roll
- Milk choice

6

Wednesday

- Meal Prices:**
- K-5: \$2.40
 - 6-8: \$2.60
 - 9-12: \$2.75
 - Reduced: \$0.40
 - Adults: \$3.60

Thursday

- Chicken Strips
- Mashed potatoes w/ Gravy
- Green Beans
- WG Dinner Roll
- Peach slices
- Blackberries (new)
- Milk Choice

Friday

- Ground Hog Day**
- Stuffed Crust Pizza
 - Tossed Salad w/ Grape Tomatoes
 - Garbanzo beans
 - Fruit Salad
 - Kiwi
 - Fudge Bar
 - Milk Choice

- Chicken Tetrizini
- WG dinner roll
- Steamed Peas
- Baby carrots
- Diced Peaches
- 100% Whole Fruit Frozen Cup
- Milk Choice

12

- Beely Cheese Dip
- Tortilla chips & Salsa
- Garden Salad
- Black Beans
- Tropical Fruit
- Fresh fruit choice
- Royal Brownie
- Milk Choice

13

In-Service Day

14

In-Service Day

15

No School

16

- ## No School

19

- Hamburger on a Whole Grain bun
- Pickles and onions
- Ranch potato wedges
- Seasoned Pinto beans
- Pear wedges
- Cinnamon Apple slices
- Milk Choice

20

- Corn Dog
- Cheesy Broccoli
- Baby Carrots
- Mandarin Oranges
- Honeydew cubes (new)
- Go-Gurt
- Milk Choice

21

- Stromboli
- Marinara sauce
- Capri vegetables
- Garden Salad
- Grapes
- Citrus Salad
- Milk Choice

22

- Cheesy Fish Sandwich
- Colorful Chopped Salad (new)
- Steamed corn
- Tropical fruit
- Fresh Kiwi
- Oats & Honey Granola bar
- Milk Choice

23

- Mini Waffles
- Cheese Omelet
- Tri Taler
- Broccoli florets
- Strawberries and Pineapple
- 100% Fruit Juice
- Milk Choice

26

- Beef fingers
- Mashed potatoes w/ gravy
- Green beans
- WG dinner roll
- Sliced peaches
- Grapes
- Milk Choice

27

- Chili and Cheese
- Whole grain crackers
- Cinnamon roll
- Celery sticks
- Garden salad
- Kiwi
- Tropical Fruit
- Milk Choice

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We all associate February with Valentine's Day, but did you know that this month is known for being "Heart month" for other reasons? Back in 1963, Congress required the president to proclaim February as "American Heart Month" in an effort to raise awareness about one of the leading causes of death – Heart disease. Some of the best weapons against heart disease risk include knowing your family health history, understanding warning signs, and striving to meet the American Dietary Guidelines for nutrition and physical activity requirements. Although the risk of heart disease in children is relatively low, research shows that controlling as many of the following risk factors as possible, starting in childhood, will help reduce your child's risk of developing heart disease as an adult. Follow us on Facebook this month for articles related to heart health.