

February

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
		1 Toast & Jelly, Cereal, Yogurt parfaits, Fruit Fish Sticks, Mashed Potatoes, B&B, Lettuce, Cabbage Salad, Carrots, Peppers, Celery, Applesauce, Pineapple	2 Waffle & Sausage or Cereal, Fruit Tater Tot Casserole, B&B, Mixed Lettuce, Gelatin Salad, Broccoli Cauliflower, Garbanzo beans, Mixed Fruit, Pears	3 Pop-Tarts, Cereal, Fruit, Juice Cheese Pizza, Mixed Lettuce, Cottage Cheese, Carrots, Broccoli, Cauliflower, Pasta Salad, Apple slices	4 5
6 French Toast & Sausage or Cereal, Fruit Chicken Strips, Corn, B&B, Lettuce, Spinach salad, Carrots, Cauliflower, Applesauce, Peaches	7 Toast & Jelly, Cereal, Yogurt, Fruit Potato Oles, Lettuce, Tomato, Olives, Salsa, Broccoli, Carrots, Veg. salad, Pears, Pineapple	8 Coffee Cake, Cereal, Juice, Fruit Chicken Quesadilla, Spanish Rice, Lettuce, Caesar salad, Broccoli, Peppers, Carrots, Mandarin Oranges, Pears	9 Toast & Jelly, Cereal, Fruit Smoothy, Fruit Corn Dog, Green Beans, Lettuce, Coleslaw, Carrots, Celery, Cauliflower, Applesauce, Mixed Fruit	10 Cinnamon Biscuits, Cereal, Fruit Fish Patty/Bun, Sweet Potato Fries, Lettuce, Spinach salad, Carrots, Broccoli, Black beans, Cookie, Banana	11 12
13 Scrambled Eggs, Cereal, Toast, Fruit Mr. Rib/Bun, Broccoli w/Cheese, Lettuce, Carrots, Cauliflower, Celery, Mandarin Oranges, Applesauce	14 Breakfast Cookie, Cereal, Juice, Fruit Spaghetti w/ Meatsauce, Breadstick, Lettuce, Casesar salad, Carrots, Cucumbers, Banana	15 Panckes & Sausage or Cereal, Fruit Pop Corn Chicken, Mixed Vegetables, B&B, Mixed Lettuce, Spinach leaves, Broccoli, Carrots, Garbanzo beans, Peaches, Strawberries	16 Bagel & Cream cheese, Cereal, Fruit, Juice Taco's:Meat, Tortilla, Refried beans, lettuce, Tomato, Olives, Salsa, Cheese, Pears, Pineapple	17 No School PD Day	18 19
20 No School President's Day	21 Toast & Jelly, Cereal, Fruit Smoothy, Fruit Goulash, Garlic Bread, Lettuce, Caesar salad, Carrots, Broccoli, Cauliflower, Orange slices	22 Egg casserole, Cereal, Juice, Fruit Chicken Patty/Bun, Italian Blend vegetables, Mixed Lettuce, Spinach salad, Broccoli, Peppers, Yellow squash, Mandarin Oranges, Pears	23 Muffin, Cereal, Fruit Beef & Noodles, Peas, B&B, Lettuce, Carrots, Celery, Peppers, Black beans, Fruit Salad, Banana	24 Egg Muffin, Cereal, Yogurt, Fruit Egg salad, Tuna Salad or Peanut Butter sandwich, French fries, Lettuce, Carrots, Cauliflower, Pasta salad, Applesauce, Mixed Fruit	25 26
27 Ham & Cheese Croissant, Cereal, Fruit Crispito w/ cheesesauce, Rice & Beans, Lettuce, Spinach salad, Tomatoes, Olives, Salsa, Carrots, Broccoli, Peaches, Pears	28 Toast & Jelly, Ceresal, Fruit Smoothy, Fruit Chicken Nuggets, Green Beans, B&B, Letuce, Caesar salad, Carrots, Broccoli, Peppers, Applesauce, Peaches				
Breakfast: choice of skim or 1% milk Lunch: choice of skim, 1%, or skim chocolate milk Tues & Thurs. MS/HS also has the option for 100% orange juice All bread products served are whole grain. USDA is an equal opportunity provider and employer					