

February 2018

Elementary School



Breakfast	8:30 – 9:00		Lunch	
	Reduced	Paid	Reduced	Paid
Student	FREE	FREE	FREE	FREE
Adults		\$2.40		\$3.80

MENU SUBJECT TO CHANGE



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.



**BLACK HISTORY
AMERICAN HEART MONTH**

Monday

Offered Daily
Asst. Sandwiches
Asst. Salads
Asst. Fresh Fruit
Asst. 100% Fruit Juice

Tuesday



Wednesday

Thursday

Friday

National Frozen Yogurt Day 5
Chicken Patty on a Roll
V: Fish on a Roll
Green Beans
Mixed Fruit
Asst. Milk, French Fries

Turkey Club Wrap 6
V: Roasted Veg. Wrap
Vegetarian Beans
Pears
Asst. Milk
Potato Rounds

Macaroni & Cheese 7
Corn
Apple sauce
Asst. Milk

Crispy Chicken Tenders 1
V: Cheese Quesadilla
Broccoli
Mixed Fruit
Asst. Milk
Hash Brown

National Tater Tot Day 2
Italian Mix Sub
V: Caprese Wrap
Roasted Vegetables
Orange Wedges
Asst. Milk, Tater Tots

Cheeseburger 12
V: Veggie Burger
Baked Beans
Fresh Fruit Salad
Asst. Milk
French Fries

National "Eat Italian Food" Day 13
Spaghetti w/ Meatballs
V: Pasta Primavera
Carrots
Mixed Fruit, Asst. Milk

Fish on a Roll 14
Corn
Pears
Asst. Milk
Potato Rounds

Tacos 8
Salsa
Peaches
Asst. Milk

Pepperoni Pizza 9
V: Cheese Pizza
Caesar Salad
Fresh Fruit Salad
Asst. Milk

Baked Chicken w/ Corn Bread 15
V: Baked Fish
Green Beans
Apple Sauce
Asst. Milk

Mozzarella Cheese Sticks w/ Sauce 16
Baked Cookie
Caesar Salad
Fresh Cantaloupe
Asst. Milk

NO 19
SCHOOL

NO 20
SCHOOL

NO 21
SCHOOL

NO 22
SCHOOL

NO 23
SCHOOL

Chicken Nuggets w/ Lo mein 26
V: Fish Nuggets
Green Beans
Mixed Fruit
Asst. Milk

National Strawberry Day 27
French Toast Sticks w/Turkey Sausage
V: Falafel Patties
Corn
Strawberry, Asst. Milk

Loaded Nachos w/Chili 28
V: Cheese Nachos
Salsa
Peaches
Asst. Milk

