



2018

# February

Healthy For Life

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
|  |   |   | <b>1</b> Hot Dog on a Bun<br>Chick.Nuggets w/WG Bread<br>Ham & Cheese Sandwich<br>Baked Fries<br>Vegetarian Baked Beans<br>Fresh Celery Sticks<br>Fresh Fruit or Juice                | <b>2</b> Cheese Pizza<br>Chicken Patty Sandwich<br>Ham Chef Salad w/WG<br>Crackers<br>Baked Fries<br>Sweet Peas<br>Fresh Baby Carrots<br>Diced Pears or Juice      |
| <b>5</b> Meatball Sub<br>Chick.Nuggets w/WG Brd.<br>Ham,Turk.Cheese Wrap<br>Baked Tater Tots<br>Seasoned Peas<br>Fresh Tomato Wedges<br>Fresh Fruit or Fruit Juice | <b>6</b> Mozz.Sticks w/Marinara<br>Chicken Patty Sandwich<br>All Amer.Cobb Salad w/Crkr<br>Baked Tater Tots<br>Golden Corn<br>Cucumber & Tomato Salad<br>Peach Cup or Juice                 | <b>7</b> Grilled Cheese Sandwich<br>Chicken Nuggets w/WG Brd.<br>Chick.Caesar Sal.w/WG Crkr.<br>Campfire Beans<br>Steamed Carrots<br>Fresh Celery Sticks<br>Fresh Fruit or Juice                    | <b>8</b> French Tst.Sticks w/Saus.<br>Cheeseburger on a Bun<br>Chick.Caesar Sal.w/WG<br>Crkr<br>Baked Tater Tots<br>Fresh Broccoli<br>Applesauce or Juice                             | <b>9</b> BBQ Chicken Burger<br>Pepperoni Pizza<br>Ham & Ch. Sandwich<br>Baked Fries<br>Seas.Green Beans<br>Sliced Red Peppers<br>Diced Peaches or Juice            |
| <b>12</b> PARENT<br>CONFERENCES<br>Early Dismissal<br>Breakfast Available<br>Bag Lunch Available<br>Order by 2/2/18  | <b>13</b> PARENT<br>CONFERENCES<br>Early Dismissal<br>Breakfast Available<br>Bag Lunch Available<br>Order by 2/2/18   | <b>14</b> Fish Sticks w/WG Bread<br>Chicken Nuggets w/WG Brd.<br>Turk. & Cheese Sandwich<br>Cinnamon Sweet Potatoes<br>Sweet Peas<br>Garden Salad<br>Fresh Fruit or Juice<br><b>VALENTINE'S DAY</b> | <b>15</b> Philly Cheesesteak<br>Chick.Nuggets w/WG Brd.<br>Brd.Buffalo Chicken Salad<br>Vegetarian Baked Beans<br>Fresh Celery Sticks<br>Blueberries w/Whip Topping<br>or Fruit Juice | <b>16</b> Hot Dog on a Bun<br>Cheese Pizza<br>Ham & Cheese Wrap<br>Baked Tater Tots<br>Green Beans<br>Baby Carrots<br>Fresh Fruit or Juice                         |
| <b>19</b> PRESIDENT'S DAY  | <b>20</b> Cheese Brd.Stick w/Marinara<br>Chicken Nuggets w/WG Brd.<br>Chicken Caesar Salad w/Crkr<br>Campfire Beans<br>Seasoned Green Beans<br>Garden Salad<br>Diced Peaches or Fruit Juice | <b>21</b> BBQ Pork Sandwich<br>Chicken Nuggets w/WG Brd.<br>Ranch Chick.Sal.w/WG Crkr<br>Baked Tater Tots<br>Steamed Carrots<br>Fresh Broccoli<br>Fresh Fruit or Juice                              | <b>22</b> Nacho Platter<br>Hot Dog on a Bun<br>All Amer.Chef Salad w/WG<br>Crackers<br>Steamed Rice<br>Vegetarian Baked Beans<br>Garden Salad<br>Fresh Fruit or Juice                 | <b>23</b> Chicken Patty Sandwich<br>Cheese Pizza<br>Ham & Ch.Sandwich<br>Baked Tater Tots<br>Golden Corn<br>Garden Salad<br>Blueberries w/Whip Topping<br>or Juice |
| <b>26</b> Chicken Patty Sandwich<br>Hot Dog on a Bun<br>Ham & Cheese Sandwich<br>Baked Tater Tots<br>Sweet Peas<br>Fresh Tomato Wedges<br>Mixed Fruit Cup or Juice | <b>27</b> French Tst.Sticks w/Sausage<br>BBQ Rib Sandwich.<br>Turkey & Cheese Wrap<br>Baked Tater Tots<br>Fresh Cucumber Slices<br>Applesauce or Juice                                      | <b>28</b> Grilled Ch.on Pretzel Roll<br>Chick. Nuggets w/WG Brd.<br>Ham & Cheese Wrap<br>Tomato Soup<br>Fresh Celery Sticks<br>Fresh Fruit or Juice   |   | <b>PRICES:</b><br><b>Free</b><br><b>Reduced - \$.40</b><br><b>Paid - \$2.20</b>  |

**More Info...**

**Offered Daily**  
**Fresh Fruit Or Juice**  
**Fresh Vegetables**

**1% Milk**  
**Skim Milk**  
**Chocolate**  
**Skim Milk**

**All Breads, Rolls, Pasta and Pizza Dough is Whole Grain**

**Students must pick at least one serving of fruit or vegetable with their meal**

Menus are subject to change without notice.