



2017

# February

Healthy For Life

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Orange Popcorn Chicken Chicken Nuggets w/WG Bread Turkey & Cheese Sandwich Cilantro Lime Rice Steamed Broccoli Garden Salad Fresh Fruit or Juice	2 Cheeseburger on a Bun Hot Dog on a Bun Ham & Cheese Sandwich Baked Fries Vegetarian Baked Beans Fresh Celery Sticks Fresh Fruit or Juice	3 Cheese Pizza Chicken Patty Sandwich Ham Chef Salad w/WG Crackers Baked Fries Sweet Peas Fresh Baby Carrots Mandarin Oranges or Juice	<p><b>More Info...</b></p> <p><u>Offered Daily</u></p> <p><b>Fresh Fruit Or Juice</b></p> <p><b>Fresh Vegetables</b></p> <p><b>1% Milk</b></p> <p><b>Skim Milk</b></p> <p><b>Chocolate</b></p> <p><b>Skim Milk</b></p> <p><b>All Breads, Rolls, Pasta and Pizza Dough is Whole Grain</b></p> <p><b>Students must pick at least one serving of fruit or vegetable with their meal</b></p>		
6 Meatball Sub Cheeseburger Ham, Turk. Cheese Sandwich Baked Tater Tots Mixed Vegetables Fresh Tomato Wedges Fresh Apple or Fruit Juice	7 Chick. Mashed Potato Bowl BBQ Rib Sandwich All Amer. Cobb Salad w/Crkers Mashed w/Gravy Golden Corn Cucumber & Tomato Salad Diced Peaches or Juice	8 Grilled Cheese Sandwich Chicken Nuggets w/WG Brd. Egg Chef Salad w/WG Crkr. Campfire Beans Steamed Carrots Fresh Celery Sticks Fresh Fruit or Juice	9 <b>PARENT CONFERENCES</b> <b>Early Dismissal</b> <b>Breakfast Available</b> <b>Bag Lunch Available</b> <b>Order by 2/1/17</b>	10 <b>PARENT CONFERENCES</b> <b>Early Dismissal</b> <b>Breakfast Available</b> <b>Bag Lunch Available</b> <b>Order by 2/1/17</b>					
13 Pancakes w/Sausage Chicken Patty Sandwich Chick. Caesar Salad w/Crkr. Baked Tater Tots Fresh Broccoli Applesauce or Juice	14 Fish Sticks w/WG Bread Cheeseburger Ham Sandwich Steamed Rice Green Beans Sliced Red Pepper Diced Peaches or Juice <b>VALENTINE'S DAY</b>	15 Macaroni & Cheese Chicken Nuggets w/WG Brd. Turk. & Cheese Sandwich Cinnamon Sweet Potatoes Sweet Peas Garden Salad Fresh Fruit or Juice	16 Philly Cheesesteak Chick. Nuggets w/WG Brd. Brd. Buffalo Chicken Salad Vegetarian Baked Beans Fresh Celery Sticks Cantaloupe or Fruit Juice	17 Hot Dog on a Bun Cheese Pizza Egg Salad Sandwich Baked Tater Tots Green Beans Baby Carrots Fresh Fruit or Juice					
20 <b>PRESIDENT'S DAY</b>	21 Pasta w/Meatsauce Chicken Nuggets w/WG Brd. Chicken Caesar Salad w/Crkr. Campfire Beans Seasoned Green Beans Garden Salad Diced Peaches or Fruit Juice	22 Pulled Pork Fajita Chicken Nuggets w/WG Brd. Egg Chef Salad w/WG Crkr. Baked Tater Tots Steamed Carrots Fresh Broccoli Fresh Fruit or Juice	23 Tacos Hot Dog on a Bun All Amer. Chef Salad w/WG Crackers Rice Vegetarian Baked Beans Garden Salad Fresh Fruit or Juice	24 Chicken Patty Sandwich Cheese Pizza Ham & Ch. Sandwich Baked Tater Tots Golden Corn Garden Salad Blueberries or Juice					
27 Chicken Patty Sandwich Hot Dog on a Bun Ham & Cheese Sandwich Baked Tater Tots Sweet Peas Fresh Tomato Wedges Mixed Fruit Cup or Juice	28 French Tst. Sticks w/Sausage Chick. Nuggets w/WG Brd. Turkey Sandwich Mixed Vegetables Fresh Cucumber Slices Fresh Fruit or Juice		<b>BAGGED LUNCHES</b> 9 <sup>th</sup> - Ham & Cheese on Hamburg Bun, Fresh Apple, SunChips, Choice of Milk  10 <sup>th</sup> - Ham & Cheese On Pretzel Roll. Apple, SunChips, Choice of Milk		<b>PRICES:</b> <b>Free</b> <b>Reduced - \$.40</b> <b>Paid - \$2.10</b>				