February 2017

Elementary School



Breakfast 8:30 - 9:00

Student

Adults

Reduced FREE

Paid **FREE** \$2.40

Lunch Reduced

Paid FREE FREE \$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.



Friday

BLACK HISTORY MONTH

Steak Umm on a Roll

V: Veggie Wrap

Apple Sauce

Potato Rounds

Asst. Milk

Carrots

Thursday

Monday

Offered Daily Asst. Sandwiches Asst. Salads

Asst. Fresh Fruit

Asst. 100% Fruit Juice

Daily Plates of Veg. Crunchers





Spaghetti w/Meat Sauce V: Spaghetti w/Alfredo

Wednesday

Sauce Corn **Peaches**

Asst. Milk

V: Fish Tacos

Ham & Cheese Croissant

Tomato Soup & Carrots Sticks

V: Cheese Croissant

Salsa Peaches Asst. Milk

Pears

Asst. Milk

Hash Brown

Tacos

Macaroni & Cheese Broccoli **Peaches** Asst. Milk

Sloppy Joe on a Roll V: Fish on a Roll Corn **Pears** Asst. Milk

Hash Brown

Mozzarella Cheese Sticks w/ Sauce Garlic bread Toss Salad Fresh Cantaloupe

Asst. Milk

Pepperoni Pizza

Fresh Honevdew

V: Cheese Pizza

Green Beans

Asst. Milk

Asst. Milk

Chicken Patty on a Roll

V: Falafel Patties on a Roll **Baked Beans Mixed Fruit**

Asst. Milk **French Fries**

Cheeseburger

V: Veggie Burger

Vegetarian Beans

14 Chicken Quesadilla V: Cheese Ouesadilla

> Broccoli **Apple Sauce** Asst. Milk

French Toast Sticks w/Turkey Sausage V: Falafel Patties Corn **Apple Sauce** Asst. Milk

Mozzarella Cheese Sticks w/ Sauce **Baked Cookie** Toss Salad **Fresh Cantaloupe**

24

10

Apple Sauce French Fries Asst. Milk

20

NO **SCHOOL**

22 NO **SCHOOL**

23 NO **SCHOOL**

NO **SCHOOL**

Chicken Nuggets w/ Rice V: Fish Nuggets w/ Rice

NO

SCHOOL

Vegetarian Beans Mixed Fruit Asst. Milk

27 Loaded Nachos w/Chili V: Cheese Nachos

> Corn **Pears** Asst. Milk

28

