


**ENOSBURG FALLS/ MIDDLE HIGH SCHOOL
FEBRUARY 2019**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Jan French Toast Stix syrup, Bagel Cereal + Toast, Oranges, Juice Deli bar OR Corn Dogs, Tater Tots, Sliced Cucumbers, Sauteed Cabbage Choice of 2 fruits	29-Jan Whl grn blueberry muffin, bagel, Cereal, juice, berries Deli Bar OR Pizza OR Baked Fish Sticks Roasted Potatoes Tri-color Peppers, Carrots Choice of 2 fruits	30-Jan Sausage patty & cheese on WW E Mufn cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Meatball Grinder French Fries Butternut Squash, Caesar Salad Choice of 2 fruits	31-Jan Maple Waffles & Syrup, Bagel, Cereal + yogurt, Juice, Melon Deli Bar OR Oven-fried Chicken, Baked Potato & Toppings, Peas Celery & Carrot Sticks Choice of 2 fruits	1-Feb GLAZED BREAKFAST BAR or cereal & Yogurt, Bagel, Grpfrtt, Juice Deli Bar OR Pizza OR SLOPPY JOE on a roll, Baked beans, Broccoli & Cheese Veggie Tray/Ranch dip Apple Crisp, Fruit
4-Feb Breakfast Pizza, bagel or Cereal + Yogurt, grapes, Juice Deli Bar OR Sausage & Peppers on a Roll Spanish Rice Romaine & Tomato Salad Choice of 2 fruits	5-Feb Mini Pancakes & Syrup, bagel, cereal & Toast, juice, berries Deli Bar OR Pizza OR Split Pea Soup Pulled Pork on a Roll Green beans, Spinach Salad Choice of 2 fruits	6-Feb Sausage patty & cheese on WW Biscuit cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Goulash Broccoli & Cheese Caesar Salad Choice of 2 fruits	7-Feb Yogurt Parfait w/ berries, bagel, Cereal, Oatmeal, juice, Melon Deli Bar OR NACHOS, Refried Beans, Cucumbers Sweet Potato w/ Cinn Butter Choice of 2 fruits	8-Feb Whl Grain Donuts cereal & Yogurt, Bagel, Aplsce, Juice Deli Bar OR Chicken Fingers, Fries, Baked Cauliflower w/ Cheese Carrot Sticks & Dip Choice of 2 fruits
11-Feb Sausage Pancake on a stick, Bagel, Cereal, Yogurt, Juice, Oranges Deli Bar OR Pizza OR Chinese Chicken, Egg roll, Rice, Bok Choy, Mesclun Choice of 2 fruits	12-Feb Cherry Frudel, Bagels, Cereal & Toast, Grapes, Juice Deli Bar OR Burger Bar, French fries, baked beans, Cole Slaw Choice of 2 fruits	13-Feb Sausage & cheese on Bagel, Cereal, Yogurt, bagel, Juice Deli Bar OR Chicken Fajitas, Curly Fries, Carrot Sticks APPLE CHURROS, Fruit	14-Feb Oatmeal or cereal & yogurt parfait, bagel, juice, melon Deli bar OR  Sweetheart Chicken Nuggets Potato Pancakes, Caesar Salad VALENTINE CAKE, 2 Fruits	15-Feb Egg, ham, & cheese on Wh gr E muf bagel or cereal & yogurt, Grapefruit Deli Bar OR Pizza OR Scalloped Potatoes & ham, Peas, Spinach Salad Choice of 2 fruits
18-Feb Waffles & Syrup, or Bagel, or Cereal + Yogurt, Juice, Oranges Deli Bar OR TACOS, Refried Beans Corn, Sliced Cucumbers Choice of 2 fruits	19-Feb Banana Bread, Bagels, Cereal & Toast, Grapes, Juice Deli Bar OR Hot dog, Tater Tots Maple Carrots, Garden Salad Choice of 2 fruits	20-Feb Sausage & cheese on Whl Grain Bagel, cereal & Yogurt, bagel, Juice, berries Deli Bar OR Stuffed Crust Pizza Broc & Cheez, Caesar Salad Choice of 2 fruits	21-Feb Oatmeal or cereal & yogurt parfait, bagel, juice, melon Deli Bar OR Chicken Patty, French Fries Baked squash Celery stix Fruit, Choc Chip Cookie	22-Feb CINNAMON ROLLS bagel or cereal & yogurt, Grapefruit Deli Bar OR Cheese Quesadilla, Brown Rice, Green Beans, Veggie Tray Choice of 2 fruits, FLAN

Milk served with all meals: fat free choc, 1%, or skim Menu subject to change Chef salad offered daily if ordered by 9 am. Sandwich bar offered daily

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