


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Pop Corn Chicken & Tater Tots Cheese Tamales*  <i>Get Healthy Salad Bar</i>
<b>4</b> Turkey Taco Stack Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	<b>5</b> Marinara & Meat Sauce with Pasta Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	<b>6</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee <i>Get Healthy Salad Bar</i>	<b>7</b> Chicken Fajitas & Rice Cheese Bread Sticks* & Marinara Sauce <i>Get Healthy Salad Bar</i>	<b>8</b> Mini Hamburgers & Carrots Stuffed Cheese Shells* & Marinara Sauce <i>Get Healthy Salad Bar</i>
	<b>12</b> Chicken Tortilla Soup with Vegetables Bean & Cheese Burrito* <i>Get Healthy Salad Bar</i>	<b>13</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee <i>Get Healthy Salad Bar</i>	<b>14</b> Happy Valentine's Day Celebration Nuggets Cheese Tamales* <i>Get Healthy Salad Bar</i>	<b>15</b> Marinara & Meat Sauce & Pasta Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>
	<b>19</b> Chicken Tenders & Potato Wedges Cheese Enchilada* & Salsa <i>Get Healthy Salad Bar</i>	<b>20</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee <i>Get Healthy Salad Bar</i>	<b>21</b> Turkey & Cheese Nachos Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	<b>22</b> Orange Chicken & Rice Bean and Cheese Burrito* <i>Get Healthy Salad Bar</i>
<b>25</b> Beef Taco Stick & Salsa Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	<b>26</b> Turkey Nada & Salsa Cheese Enchilada* & Salsa <i>Get Healthy Salad Bar</i>	<b>27</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee <i>Get Healthy Salad Bar</i>	<b>28</b> Chicken Taco & Salsa Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	<b>1</b> Chicken Egg Rolls Cheese Quesadilla* & Salsa <i>Get Healthy Salad Bar</i>

**Ala-carte items for sale: Water \$0.50 & \$1.50, and Frozen Low-fat & Low Sugar Yogurt \$1.00**

*Enjoy a Healthy Salad Bar*

**At least one item from each USDA Vegetable Subgroups will be available to students everyday!**

- Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.
- Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.
- Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.
- Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.
- Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

**Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry**

**Fuel up to Learn Breakfast (Hot Chocolate available for \$1.00)**

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<b>Muffins &amp; Cheese Stick*</b> Fruit and Juice Cold Cereal & Milk	<b>Breakfast Croissant</b> Fruit and Juice Cold Cereal & Milk	<b>Breakfast Burrito</b> Fruit and Juice Cold Cereal & Milk	<b>English Muffin Sandwich</b> Fruit and Juice Cold Cereal & Milk	<b>Dutch Waffle*</b> Fruit and Juice Cold Cereal & Milk

**\*Other Vegetarian Options Available Daily at Lunch:**  
 -Grilled Cheese Sandwich  
 -Wow Butter & Jelly Sandwich  
 -Yogurt & Granola



**BREAKFAST \$2.00:** Includes whole grain-rich entree, fruit or 100% juice, and milk  
**LUNCH \$3.75:** Includes whole grain-rich entree, salad bar, fruit, and milk  
 A second milk may be purchased for \$0.50 or soy milk for \$1.00  
 Bottled water may be purchased for \$0.50 (small) & \$1.50 (large)  
 Lactose-Free milk available upon request

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

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