

FEBRUARY	Lucerne Valley USD Middle/ High / Mtv Breakfast / Lunch /Supper/ Snack	2019
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Assorted Fruits are offered daily with Breakfast and Lunch. A 1/2 of cup of fruit or vegetable must be taken with all meals.
You must select 3 "Food Items" for Lunch

A choice of milk is offered with all meals except snack. Choices are : 1% unflavored or Nonfat Chocolate.***** Bagels offered Daily

FEBRUARY BREAKFAST

BUTTERMILK BAR	CINNAMON BUN		BREAKFAST BURRITO	POP TARTS
ASSORTED FRUIT	ASSORTED FRUIT	ASSORTED FRUIT	ASSORTED FRUIT	ASSORTED FRUIT

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE: <u>MAY CHOOSE ONE</u>	ENTRÉE: <u>MAY CHOOSE ONE</u>	ENTRÉE: <u>MAY CHOOSE ONE</u>	ENTRÉE: <u>MAY CHOOSE ONE</u>	ENTRÉE: <u>MAY CHOOSE ONE</u>
SPICY CHICKEN PATTY	CHICKEN PATTY	SPICY CHICKEN PATTY	CHICKEN PATTY	SPICY CHICKEN PATTY
CHEESEBURGER			RIB PATTY ON A BUN	BACON CHEESEBURGER
BISTRO PIZZA		TACO NADA		MINI CORNDOGS
				TACO STICK
<u>VEGETABLE CHOICES</u>	VEGGIES: <u>MAY CHOOSE TWO FROM THE SALAD BAR</u>	VEGGIES: <u>MAY CHOOSE TWO FROM THE SALAD BAR</u>	VEGGIES: <u>MAY CHOOSE TWO FROM THE SALAD BAR</u>	<u>VEGETABLE CHOICES</u>
FRUIT: <u>MAY CHOOSE TWO</u>	FRUIT: <u>MAY CHOOSE TWO</u>	FRUIT: <u>MAY CHOOSE TWO</u>	FRUIT: <u>MAY CHOOSE TWO</u>	FRUIT: <u>MAY CHOOSE TWO</u>
ASSORTED FRUITS	ASSORTED FRUITS	ASSORTED FRUITS	ASSORTED FRUITS	ASSORTED FRUITS
MILK: <u>MAY CHOOSE ONE</u> 1% WHITE OR NF CHOCOLATE	MILK: <u>MAY CHOOSE ONE</u> 1% WHITE OR NF CHOCOLATE	MILK: <u>MAY CHOOSE ONE</u> 1% WHITE OR NF CHOCOLATE	MILK: <u>MAY CHOOSE ONE</u> 1% WHITE OR NF CHOCOLATE	MILK: <u>MAY CHOOSE ONE</u> 1% WHITE OR NF CHOCOLATE

All vegetable servings = 1/2 cup unless otherwise listed. ¹ 1/4 Cup or ² 3/4 Cup ³ 1/8 Cup
ALL SALADS ARE SERVED WITH A ROLL AND OR CRACKERS ALL BREAD/GRAIN ITEMS ARE WHOLE GRAIN

COLTS AFTER SCHOOL PROGRAM SUPPER

HOT HAM & CHEESE SUB	COOKS CHOICE	CHICKEN PATTY	TACO STICK	PB&J
GREEN BEANS 4 OZ	ASSORTED VEGETABLES 4 OZ	FRENCH FRIES 4 OZ	CORN 4 OZ	CARROTS 4 OZ
ASSORTED FRUIT 2 OZ	ASSORTED FRUIT 2 OZ	ASSORTED FRUIT 2 OZ	ASSORTED FRUIT 2 OZ	RAISELS 2 OZ

COLTS AFTER SCHOOL PROGRAM SNACK

COOKS CHOICE	CEREAL BAR 1.42 OZ	BAGEL & CREAM CHEESE	YOGURT 4 OZ	BAKED CHIPS
JUICE 6 OZ	MILK 8 OZ	APPLESAUCE 6 OZ	BEAR GRAHAMS 1 OZ	PEACHES 6 OZ

This institution is an equal opportunity provider.
