

# February 2019

MES

BREAKFAST



All students' Pre-K thru 12 eat breakfast free of charge.



**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.



Monday



Tuesday

Wednesday

Thursday

Friday

1

Cereal  
Juice  
Raisins  
Milk

4

Blueberry PopTart  
Juice  
100% Fruit Slush  
Milk

5

Cherry Frudel  
Juice  
Fruit Cup  
Milk

6

Hot Ham & Cheese  
Juice  
Pineapple Cup  
Milk

7

Sausage & Biscuit  
Juice  
Apple Slices  
Milk

8

Cereal  
Juice  
Craisins  
Milk

11

Strawberry PopTart  
Juice  
100% Fruit Slush  
Milk

12

Cinnamon Bagel  
Juice  
Peach Cup  
Milk

13

Sausage Pancake Wraps  
Juice  
Applesauce  
Milk

14

Chicken & Biscuit  
Juice  
Grapes  
Milk

15

Cereal  
Juice  
Raisins  
Milk

18

No School

19

Banana Bread  
Juice  
Fruit Cup  
Milk

20

Mini Doughnut  
Juice  
Mixed Fruit  
Milk

21

Sausage & Biscuit  
Juice  
Apple Slices  
Milk

22

Cereal  
Juice  
Craisins  
Milk

25

Fudge PopTart  
Juice  
100% Fruit Slush  
Milk

26

Breakfast Bun  
Juice  
Peach Cup  
Milk

27

Pepperoni Breadstick  
Juice  
Pineapple Cup  
Milk

Chicken & Biscuit  
Juice  
Grapes  
Milk







Student paid meals \$2.35  
 Reduced meal \$.40  
 Menus subject to change due to availability.  
 We are an equal opportunity provider.



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### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Corn Dog **1**  
 Fries  
 Baked Beans  
 Bulldog & Yogurt Packs  
 Fruit Variety

Chicken Tenders **4**  
 Rolls  
 Hash brown Casserole  
 Green Beans  
 Bulldog & Yogurt Packs  
 Fruit Variety

Cheese Pizza **5**  
 Whole Kernel Corn  
 Fresh Broccoli / Ranch  
 Bulldog & Yogurt Packs  
 Fruit Variety

Country Fried Steak **6**  
 Biscuit  
 Mashed Potatoes  
 English Peas  
 Bulldog & Yogurt Packs  
 Fruit Variety

Breaded Baked Chickie **7**  
 Roll  
 Harvest Bake  
 Black Eyed Peas  
 Bulldog & Yogurt Packs  
 Fruit Variety

Cheeseburger **8**  
 Lettuce, Tomato, Pickle  
 Seasoned Wedges  
 Veggie Cup / Ranch  
 Bulldog & Yogurt Pack  
 Fruit Variety

Chicken Tenders **11**  
 Roll  
 Broccoli w/ Cheese  
 Cherry Tomatoes  
 Bulldog & Yogurt Packs  
 Fruit Variety

Pepperoni Pizza **12**  
 Tossed Salad  
 French Fries  
 Bulldog & Yogurt Packs  
 Fruit Variety

Chicken Pot Pie **13**  
 Biscuit  
 Green Beans  
 Veggie Cup / Ranch  
 Bulldog & Yogurt Packs  
 Fruit Variety

Breaded Baked Chickie **14**  
 Orange Glazed Carrots  
 Roll  
 Whole Potatoes  
 Bulldog & Yogurt Packs  
 Fruit Variety

Taco Stick / Cheese **15**  
 Fiesta Black Beans  
 Salsa Cup  
 Bulldog & Yogurt Packs  
 Fruit Variety

**18**  
 No School

Cheese Pizza **19**  
 Romaine Salad  
 Whole Kernel Corn  
 Bulldog & Yogurt Packs  
 Fruit Variety

Walking Taco **20**  
 Pintos & Cheese  
 Lettuce & Tomato  
 Salsa Cup  
 Bulldog & Yogurt Packs  
 Fruit Variety

Breaded Baked Chickie **21**  
 Roll  
 Mashed Potatoes  
 Sweet Peas  
 Bulldog & Yogurt Packs  
 Fruit Variety

Cheeseburger **22**  
 Seasoned Fries  
 Lettuce, Tomato, Pickles  
 Baked Beans  
 Bulldog & Yogurt Packs  
 Fruit Variety

Chicken Tenders **25**  
 Roll  
 Scalloped Potatoes  
 Green Beans  
 Bulldog & Yogurt Packs  
 Fruit Variety

Mexican Pizza **26**  
 Veggie Cup / Ranch  
 Fiesta Black Beans  
 Bulldog & Yogurt Packs  
 Fruit Variety

Spaghetti **27**  
 Cheese stick  
 Tossed Salad  
 Whole Kernel Corn  
 Bulldog & Yogurt Packs  
 Fruit Variety

Breaded Baked Chickie **28**  
 Roll  
 Steamed Baby Carrots  
 Macaroni & Cheese  
 Lima Beans  
 Bulldog & Yogurt Packs  
 Fruit Variety

