

Breakfast Menu

February 2019

Watts Learning Center Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 *Mini Loaf, String Cheese (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>5 *Chicken & Waffle (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>6 *Coffee Cake (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>7 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>1 Whole Grain Cereal, Whole Grain Bites, Dried Fruit (390) 1% White Milk (195) Fat Free White Milk (195)</p>
<p>11 *Pan Dulce (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>12 Mini Confetti Pancakes Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>13 Banana Muffin (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>14 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>15 *French Toast Stix (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>
<p>18 President's Day</p>	<p>19 *Bean & Cheese Burrito (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>20 Mango Breakfast Bar (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>21 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>22 Homestyle Cheddar Biscuit (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>
<p>25 *Apple Cinnamon Muffin Flat (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>26 Breakfast Cheese Tamal (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>27 *Pan Dulce (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>28 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	



MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.

Lunch Menu

February 2019

Watts Learning Center Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20) Fruit (300) Vegetable (78)
4 Breaded Chicken Leg, Mac & Cheese (360) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (20) 1% White Milk (19) Fat Free Chocolate Milk (285)	5 -BBQ Western Cheeseburger, Oven Baked Fries (360) Tuna Salad, Wheat Crackers, Dressing (20) Fat Free Chocolate Milk (300) 1% White Milk (19)	6 Turkey Chili, Corn Muffin (350) Chicken Taco Salad, Popped Corn Chips, Dressing (30) 1% White Milk (20) Fat Free Chocolate Milk (295) Fruit (300)	7 Beef Hot Dog w/ Oven Baked Fries (229) Buffalo Chicken Salad, Dinner Roll, Dressing (25) 1% White Milk (13) Fat Free Chocolate Milk (191)	8 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20) Fruit (300) Vegetable (78)
11 Pick Up Stix- Watts Middle (360) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (20) 1% White Milk (20) Fat Free Chocolate Milk (300) Fruit (300)	12 -Chicken Patty Burger, Oven Baked Fries (360) Chicken Taco Salad, Popped Corn Chips, Dressing (20) Fat Free Chocolate Milk (285) 1% White Milk (19)	13 Beef & Broccoli, Not So Fried Rice (350) Cobb Salad, Corn Muffin, Ranch Dressing (30) 1% White Milk (19) Fat Free Chocolate Milk (300)	14 Buffalo Chicken Salad, Dinner Roll, Dressing (20) Lunch Special- Buffalo Chicken Leg with Baked Beans (360) 1% White Milk (20) Fat Free Chocolate Milk (300)	15 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20) Fruit (392) Vegetable (78)
18 President's Day	19 -Corn Dog, Oven Baked Fries (350) Tuna Salad, Wheat Crackers, Dressing (30) 1% White Milk (19) Fat Free Chocolate Milk (300) Fruit (300)	20 Chicken Tamal, Mixed Vegetables (350) Chicken Taco Salad, Popped Corn Chips, Dressing (30) 1% White Milk (19) Fat Free Chocolate Milk (300)	21 Plain Hamburger (360) Buffalo Chicken Salad, Dinner Roll, Dressing (20) Fat Free Chocolate Milk (285) 1% White Milk (19) Fruit (380)	22 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20) Fruit (300) Vegetable (60)
25 Chicken BRC Burrito (300) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (30) Lunch Special- Rib-A-Que Sandwich (50) 1% White Milk (19)	26 -Cheeseburger, Oven Baked Fries (360) Chicken Taco Salad, Popped Corn Chips, Dressing (20) Fat Free Chocolate Milk (300) 1% White Milk (20)	27 Beef Nachos, Tortilla Chips (225) Cobb Salad, Corn Muffin, Ranch Dressing (30) Lunch Vegetarian (125) 1% White Milk (19) Fat Free Chocolate Milk (300)	28 Breakfast for Lunch (155) Buffalo Chicken Salad, Dinner Roll, Dressing (80) 1% White Milk (12) Fat Free Chocolate Milk (176) Fruit (235)	

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