

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY	3-Feb <b>Breakfast</b> Blueberry Mini Pancakes (36) Ojuice (13) Applesauce (13) <b>Lunch</b> ChickTenders(13)Sauce(*)Roll(27) Muffin (27)Yogurt(15)String Chz Sweet Green Peas (15) Mashed Potatoes (22) Baby Carrot Cups(8) Cinn Applesauce(13) Mix Fruit(18) W3D1	4-Feb <b>Breakfast</b> Chicken (9) Biscuit (28) Apple Juice(13)Pineapple (19) <b>Lunch</b> Chicken Vegetable Soup (14) & Toasted Cheese Sandwich (32) Chef Salad (30) California Blend Veg(3) Cucumber/Tomato Cup(3) StrwberryCup(33) Pineapple(19) W3D2	5-Feb <b>Breakfast</b> Warm WG Fruit Frudal (36) Fruit Punch(14) Banana (22) <b>Lunch</b> Crispy Chicken(16)Sandwich(29) Fruit(**)Yogurt (39) Parfait (25) (22) Seasoned Waffle Fries (19) Broccoli (5) & Cheese (5) Leafy Green Salad(2) Banana (22) Craisins (28) W3D3	6-Feb <b>Breakfast</b> Cinnamon French Toast Stix(22) Apple Juice(13) Pears (23) <b>Lunch</b> Hot Dog(1) w/ Chili (1) Bun (31) Chicken Ranch Wrap (29) Homestyle Baked Beans (37) Potato Wedges(17) Creamy Cole Slaw(9) Blush Pears(23) Peach Cup (33) W3D4	7-Feb <b>Parent-Teacher Conferences</b>  <b>No School</b>  W1D5
	10-Feb <b>Breakfast</b> Mini Maple Pancakes (29) Ojuice (13) Applesauce (13) <b>Lunch</b> Corn dog Nuggets(30) Muffin (27)Yogurt(15)String Chz Garlic Green Beans(5) Sweet Corn Niblets (16) Baby Carrot Cups(8) Applesauce(13)Fruit Slushie(20) W1D1	11-Feb <b>Breakfast</b> Sausage Biscuit (28) w/Gravy (5) Apple Juice(13) Peaches (18) <b>Lunch</b> Chic Nuggets(16) Sauce(*) Turkey&Cheese Sub(30) Mac-n- Cheese (21) Broccoli (5) & Cheese (5) Baby Carrot Cups(8) Apple(12)&Carmel(19)Peaches(18) W1D2	12-Feb <b>Breakfast</b> Bacon,Egg,&Cheese Pizza(16) Fruit Punch(14) Banana (22) <b>Lunch</b> Hamburger/Cheeseburger(30) Fruit(**)Yogurt (39) Parfait (25) (22) Homestyle Baked Beans (37) Potato Wedges (15) Cucumber/Tomato Cup(3) Orange Wedges(14)Craisins(28) W1D3	13-Feb <b>Breakfast</b> Glazed Goody Ring (29) Apple Juice(13) Pears (23) <b>Lunch</b> Fish Sticks(20) Hushpuppies(20) Ham &Cheese Sub(30) Seasoned Pinto Beans (17) Potato Smiles (20) Creamy Cole Slaw(9) Fruit Gelatin(18)StrawberryCup(33) W1D4	14-Feb <b>Breakfast</b> Egg & Cheese(1) Croissant (26) Orange Juice(13)Pineapple (19) <b>Lunch</b> Cheese Sticks(32) & Sauce(6) Snack Bag(47-53) California Blend Veg(5) Glazed Carrots(16) Baby Carrot Cups(8) Be Mine Slushie(20)Pineapple 19) W1D5
ELEMENTARY	17-Feb <b>Breakfast</b> Cinn. Glzed Pancakes (35) Ojuice(13) Sliced Peaches (18) <b>Lunch</b> Chick Poppers(17)Sauce(*)Roll (27) Muffin (27)Yogurt(15)String Chz Sweet Green Peas (15) Smashed Potatoes (22) Baby Carrot Cups(8) Peaches (18) Raisels (35) W2D1	18-Feb <b>Breakfast</b> WG Biscuit (28 ) w/ Jelly (9) 100% Fruit Punch(14) Applesce(13) <b>Lunch</b> French Toast Stix(22)&Sausage Grilled Chicken Salad (33) Baked Apples (12) Tator Tots (15) Cucumber/Tomato Cup(3) Mixed Grapes (10) W2D2	19-Feb <b>Breakfast</b> Warm WG Cini Minis (40) Grape Juice(19) Banana(22) <b>Lunch</b> Wild Mikes Ch. Bites (28) Maranara(6) Fruit(**)Yogurt (39) Parfait (25) (22) Broccoli (5) & Cheese (5) Glazed Carrots(16) Leafy Green Salad(2) Orange Wedges(14)Craisins(28) W2D3	20-Feb <b>Breakfast</b> Maple French Toast Stix (22) Apple Juice(13) Pears (23) <b>Lunch</b> Chicken Queso (4) Nachos (36) Turkey&Cheese Sub(30) Corn Niblets(16) Southwestern Beans (23) Fresh Vegetable Cup(3) Fruit Gelatin (18) Blush Pears(23) W2D4	21-Feb <b>Breakfast</b> Egg(2) & Cheese(1) Biscuit (28) Orange Juice(13) Mix Fruit (18) <b>Lunch</b> Lasagna Roll(35)Garlic Brd(14) Wow Sandwich(28)String Chz California Blend Veg(5) Seasoned Green Beans(5) Baby Carrot Cups(8) Fruit Mix(18)FruitSlushie(20) W2D5
	24-Feb <b>Breakfast</b> Blueberry Mini Pancakes (36) Ojuice (13) Applesauce (13) <b>Lunch</b> Chicken(13) & Waffle (43) Muffin (27)Yogurt(15)String Chz Sweet Green Peas (15) Mashed Potatoes (22) Baby Carrot Cups(8) Cinn Applesauce(13) Mix Fruit(18) W3D1	25-Feb <b>Breakfast</b> Chicken (9) Biscuit (28) Apple Juice(13)Pineapple (19) <b>Lunch</b> Chicken Vegetable Soup (14) & Toasted Cheese Sandwich (32) Chef Salad (30) California Blend Veg(3) Cucumber/Tomato Cup(3) StrwberryCup(33) Pineapple(19) W3D2	26-Feb <b>Breakfast</b> Warm WG Fruit Frudal (36) Fruit Punch(14) Banana (22) <b>Lunch</b> Crispy Chicken(16)Sandwich(29) Fruit(**)Yogurt (39) Parfait (25) (22) Seasoned Waffle Fries (19) Broccoli (5) & Cheese (5) Leafy Green Salad(2) Banana (22) Craisins (28) W3D3	27-Feb <b>Breakfast</b> Cinnamon French Toast Stix(22) Apple Juice(13) Pears (23) <b>Lunch</b> Nachos (36) Chili(3) & Cheese (6) Chicken Ranch Wrap (29) Corn Niblets(16) Southwestern Beans (23) Creamy Cole Slaw(9) Blush Pears(23) Peach Cup (33) W3D4	28-Feb <b>Breakfast</b> Muffin (27-28), Yogurt (15) Ojuice(13) Sliced Peaches (18) <b>Lunch</b> Big Daddy Pizza (35-36) Snack Bag(47-53) Mix it up Vegetables(15) Seasoned Green Beans(5) Baby Carrot Cups(8) Fruit Slushie (20) Raisels (35) W1D5

"This institution is an equal opportunity provider."

\*\*\*Beside each menu item, the number in parenthesis ( ) indicate carbohydrate grams.

\*Sauce, Condiments & Salad Dressing carbs vary from 3-12 grams a packet

Breakfast items offered on a daily basis:  
Cereal (14-25) / Fruit (12-22) / 100% Fruit Juice (13-19)

Rotating Alternate Breakfast Choices :  
WG Poptart (37-38)/Muffin (23-28)/Cereal Bar (26-29)

Milk choices offered with breakfast and lunch daily:  
1% milk (11)/ 1% Chocolate milk (24)/ 1% Strawberry milk  
(22) FF White Milk (12)

**Ala Carte items available:**

Bottled Water \$.75  
Various Ice creams \$.75 -1.00  
\*\*\*Any item purchased in excess  
or as a single component of the  
meal plan is considered a la carte  
and prices will vary.

# Valentine's Day maze

