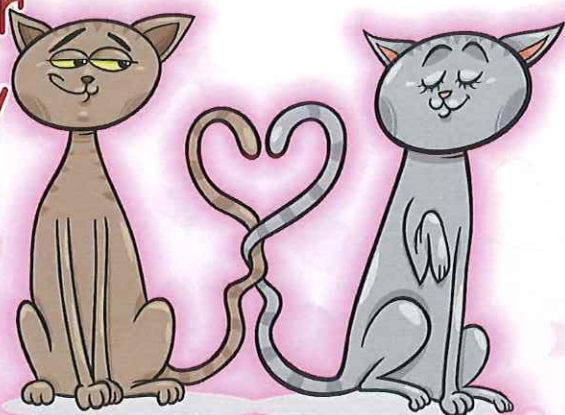


# Menus for February 2019



Greeneville City Schools  
6-8

This institution is an equal opportunity provider. Menus are subject to change.

## The original value meal & still a fantastic deal!

Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_  
\$1.60 \$2.35

Get in touch with us today to learn more about free and reduced-price meals in our district:

Friday, Feb. 1

### Breakfast

Gravy & Biscuit  
Fruit & Juice

### Lunch

Tacos  
Turkey Wrap  
Refried Beans  
Carrots w/ Dip  
Fruit

## YEAR OF THE PIG

猪



The Chinese New Year begins with the new moon on February 5. 2019 is the Year of the Pig.

Monday, Feb. 4

### Breakfast

Breakfast Pizza  
Fruit & Juice

### Lunch

Popcorn Chicken  
Hot Dog w/ Chili  
Green Beans  
Smiley Potatoes  
Fruit

Tuesday, Feb. 5

### Breakfast

Egg, Sausage, & Toast  
Fruit & Juice

### Lunch

Mashed Potato Bowl w/ Chicken  
Lasagna Rollup  
Carrots w/ Dip  
Corn  
WG Roll  
Fruit

Wednesday, Feb. 6

### Breakfast

French Toast Sticks  
Fruit & Juice

### Lunch

Meatloaf  
BBQ Sandwich  
Monster Mashed Potatoes  
Cornbread  
Baked Beans  
Fruit

Thursday, Feb. 7

### Breakfast

Chicken Biscuit  
Fruit & Juice

### Lunch

Spaghetti w/ Texas Toast  
Breaded Chicken Sandwich w/ Trimmings  
Peas  
Mixed Greens Salad  
Fruit

Friday, Feb. 8

### Breakfast

Gravy & Biscuit  
Fruit & Juice

### Lunch

Pizza  
Cheese Sticks w/ Marinara  
Corn  
Mixed Veggie Cup w/ Dressing  
Fruit

## Available Daily

### Breakfast

Fruit and 100% Fruit Juice  
Entrees 1. Cereal or Poptart  
Or

2. Yogurt w/ Toast

### Lunch

1. PB Sandwich w/ Turkey Stick
2. Cheese Sandwich w/ Turkey Stick

Monday, Feb. 11

### Breakfast

Pancakes & Bacon  
Fruit & Juice

### Lunch

Hamburger w/ Trimmings  
Chicken & Waffles  
Baked Beans  
Hash browns  
Fruit

Tuesday, Feb. 12

### Breakfast

Egg & Cheese Biscuit  
Fruit & Juice

### Lunch

General Tso's Chicken  
Orange Chicken  
Rice  
Steamed Broccoli  
Honey Glazed Carrots  
Egg Roll  
Fruit

Wednesday, Feb. 13

### Breakfast

Egg, Turkey Bacon, & Toast  
Fruit & Juice

### Lunch

Beef Pot Pie  
Chicken Fajita Wrap  
WG Roll  
Green Beans  
Mixed Green Salad  
Fruit

Thursday, Feb. 14

### Breakfast

Sausage & Egg Biscuit  
Fruit & Juice

### Lunch

Managers Choice

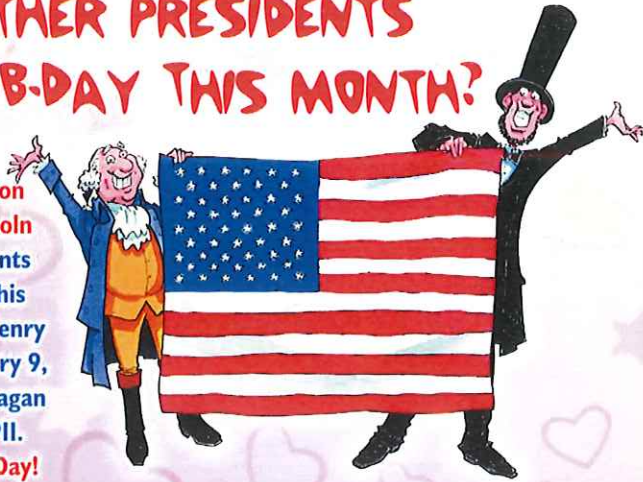


Friday, Feb. 15

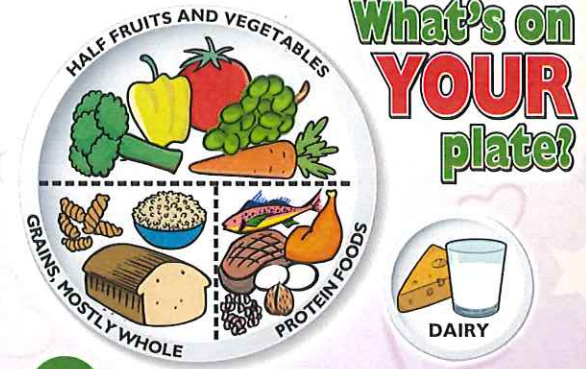


# WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.  
Happy Presidents Day!



Every complete meal we serve comes with your choice of milk!



What's on YOUR plate?

**Q** Why is fish often prepared and served with lemon?



**A:** Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, Feb. 18

**PRESIDENTS DAY**

**NO SCHOOL TODAY**

Tuesday, Feb. 19

**No School**

Wednesday, Feb. 20

**Breakfast**  
Breakfast Pizza or Muffin  
Fruit & Juice

**Lunch**  
Vegetable Soup w/ Grilled Cheese  
Chili, Chips, & Cheese  
California Blend  
Mixed Green Salad w/ Cherry Tomatoes  
Fruit

Thursday, Feb. 21

**Breakfast**  
Cinnamon Rolls or Frudel  
Fruit & Juice

**Lunch**  
Egg Omelet w/ Biscuit  
Turkey Bacon Hash Browns  
Carrots w/ Dip  
Fruit

Friday, Feb. 22

**Breakfast**  
Gravy & Biscuit  
Fruit & Juice

**Lunch**  
Pizza  
Grilled Chicken Sandwich w/ Trimmings  
Pinto Beans  
Broccoli & Cheese  
Fruit

Monday, Feb. 25

**Breakfast**  
Egg, Bacon & Toast  
Fruit & Juice

**Lunch**  
Corndog Nuggets  
Hotdog w/ Chili  
Baked Beans  
Baked Chips  
Coleslaw  
Fruit

Tuesday, Feb. 26

**Breakfast**  
Pancakes & Bacon  
Fruit & Juice

**Lunch**  
Parmesan Chicken  
Cheese Sticks w/ Marinara  
Honey Glazed Carrots  
Mixed Green Salad  
Fruit

Wednesday, Feb. 27

**Breakfast**  
Sausage & Egg & Cheese Biscuit  
Fruit & Juice

**Lunch**  
Chicken Pot Pie  
Lasagna Rollup  
Mashed Potatoes  
Peas  
WG Roll  
Fruit

Thursday, Feb. 28

**Breakfast**  
Breakfast Pizza or Muffin  
Fruit & Juice

**Lunch**  
Chicken Nuggets  
Pizza  
Crinkle Fries  
Corn  
WG Breadstick  
Fruit

**STRANGE BUT TRUE!**

**DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!**