

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
F E B R U A R Y	4-Feb <b>Breakfast</b> Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) <b>Lunch</b> Chic Nuggets(16)Sauce(*)Roll(27) Muffin (25)Yogurt(21)String Chz Sweet Green Peas (11) Cream Style Potatoes(22) Baby Carrot Cups(8) Fruit Slush(20)Cinn.Applesce(13) W3D1	5-Feb <b>Breakfast</b> Chicken (8) Biscuit (27) Apple Juice/Pineapple (19) <b>Lunch</b> Nachos(40) Chili(3) Cheese(9) Grilled Chicken Salad(33) Blackbeans and Salsa (15) Corn Niblets(16) Leafy Green Salad (2) MM Fruit Salad(38)Pineapple(19) W3D2	6-Feb <b>Breakfast</b> Warm WG Fruit Frudal (36) 100% Fruit Punch/Banana (22) <b>Lunch</b> Orange Chic(14)Rice(28)EggRoll Fruit n-Yogurt Parfait (72) Stir Fry Vegetables (3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Banana(22) Craisins(28) W3D3	7-Feb <b>Breakfast</b> Cinnamon French Toast Stix(26) Apple Juice/Pears (23) <b>Lunch</b> Corndog Nuggets(30) Turkey&Cheese Sub(30) Pinto Beans (18) Seasoned Potato Wedges (15) Creamy Cole Slaw(14) Blush Pears (23/Fruit Slushie(20) W3D4	8-Feb  <b>Parent-Teacher Conferences</b>  <b>No School</b>  W3D5
	11-Feb <b>Breakfast</b> Mini Maple Pancakes (29) Ojuice/Applesauce (13) <b>Lunch</b> Big Daddy Pizza (35-36) Muffin (25)Yogurt(21)String Chz Steamed Broccoli(5) Mix it up Vegetables(11) Baby Carrot Cups(8) FlavoredApplesce(13)Peaches(18) W1D1	12-Feb <b>Breakfast</b> Egg Biscuit (27) w/Gravy (6) Apple Juice/Peaches (18) <b>Lunch</b> Lasagna Roll(35) Garlic Bread (14) Ham &Cheese Sub(30) Glazed Carrots(16) Grandma's Green Beans(5) Leafy Green Salad (2) Grapes(8)Blushing Pears(23) W1D2	13-Feb <b>Breakfast</b> Bacon,Egg,&Cheese Pizza(23) 100% Fruit Punch/Banana (22) <b>Lunch</b> Hamburger/Cheeseburger(30) WowButter Sand/Str Ch/ Chip(59) Homestyle Baked Beans (36) Potato Wedges (15) Cucumber/Tomato Cup (3) Apple(12)/Carmel(19)Banana(22) W1D3	14-Feb <b>Breakfast</b> Glazed Goody Ring (29) Apple Juice/Pears (23) <b>Lunch</b> Chili Beans(16)&Hushpuppies(20) Turkey&Cheese Sub(30) Potato Smiles (20) Sweet Corn Niblets (16) Fresh Vegetable Cup (3) StrawberyCup(33)Fruit Gelatin(18) W1D4	15-Feb <b>Breakfast</b> Egg & Cheese Croissant (28) Orange Juice/Pineapple (19) <b>Lunch</b> Chicken(13) & Waffle (43) Snack Bag(47-53) Sweet Potato Fries Buttered Green Peas (11) Baby Carrot Cups(8) Fruit Slushie (20) Pineapple (19) W1D5
	18-Feb <b>Breakfast</b> Cinn. Glized Pancakes (35) Ojuice/Sliced Peaches (18) <b>Lunch</b> Chick Poppers(17)Sauce(*)Roll (27) Muffin (25)Yogurt(21)String Chz Sweet Green Peas (11) Smashed Potatoes (22) Baby Carrot Cups(8) Peaches (18-30)Raisels (35) W2D1	19-Feb <b>Breakfast</b> Sausage Biscuit (27) 100% Fruit Punch/Applesauce (13) <b>Lunch</b> Cheese Sticks(36) & Sauce(6) Chef Salad(30) Steamed Broccoli(5) X-Ray Vision Carrots(16) Leafy Green Salad (2) FlavorApplesauce(13) Grapes(8) W2D2	20-Feb <b>Breakfast</b> Warm WG Cini Minis (40) Grape Juice/Banana (22) <b>Lunch</b> Crispy Chicken(16)Sandwich(29) Fruit n-Yogurt Parfait (72) Seasoned Waffle Fries (19) California Blend Veg(3) Celery/Green Pepper Cup (3) Orange Smiles(14)Banana (22) W2D3	21-Feb <b>Breakfast</b> Maple French Toast Stix (26) Apple Juice/Pears (23) <b>Lunch</b> Veg Beef Soup(14)GrillCheese(32) Turkey&Cheese Sub(30) Corn Niblets(16) Seasoned Green Beans(5) Fresh Vegetable Cup(3) Peach Cup (33) Pears (23) W2D4	22-Feb <b>Breakfast</b> Egg & Cheese Biscuit (28) Orange Juice/ Mixed Fruit (18) <b>Lunch</b> Hot Dog with Chili (33) Fajita Chicken Wrap (25) Baked Beans(36) Potato Wedges (15) Creamy Coleslaw(9) FruitSlushie (20)Fruit Gelatin(18) W2D5
	25-Feb <b>Breakfast</b> Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) <b>Lunch</b> Chic Nuggets(16)Sauce(*)Roll(27) Muffin (25)Yogurt(21)String Chz Sweet Green Peas (11) Tater Tots(15) Baby Carrot Cups(8) Raisels (35) Applesauce(13) W3D1	26-Feb <b>Breakfast</b> Chicken (8) Biscuit (27) Apple Juice/Pineapple (19) <b>Lunch</b> Spaghetti(43) & Garlic Bread (14) Grilled Chicken Salad(33) Winter Blend Veg(3) Mix it up Vegetables(11) Leafy Green Salad (2) MM Fruit Salad(38)Banana(22) W3D2	27-Feb <b>Breakfast</b> Warm WG Fruit Frudal (36) 100% Fruit Punch/Banana (22) <b>Lunch</b> Pork Roast and Gravy(16)Roll(27) WowButter Sand/Str Ch/ Chip(59) Green Beans(5)MashPotatoes(22) Warm Baked Cinn Apples(14 ) Celery/Green Pepper Cup (3) Orange Wedges (14) W3D3	28-Feb <b>Breakfast</b> Cinnamon French Toast Stix(26) Apple Juice/Pears (23) <b>Lunch</b> Corndog Nuggets(30) Turkey&Cheese Sub(30) Pinto Beans (18) Seasoned Potato Wedges (15) Creamy Cole Slaw(14) Apple(12)/Carmel(19)BI Pears(23) W3D4	1-Mar <b>Breakfast</b> Mini Maple Pancakes (29) Orange Juice/Peaches (18) <b>Lunch</b> Big Daddy Pizza (35-36) Snack Bag(47-53) Steamed Broccoli(5) Corn Niblets(16) Baby Carrot Cups(8) FruitSlushie (20)Peach Cup(33) W3D5

"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

