



FEBRUARY 2023 LUNCH MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREADS	AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES A YOGURT CUP OR STRING CHEESE & A GRAIN SNACK (YOGURT FLAVORS & GRAIN SNACK WILL VARY BY SCHOOL)		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 MEATBALL SUB POTATO WEDGES VEGGIES	2 PULLED PORK SANDWICH BABY REDS COLESLAW	3 POPCORN CHICKEN BOWL GARLIC BREADSTICK VEGGIES HOMEMADE COOKIE
6 PIZZA CRUNCHERS MARINARA VEGGIES	7 NACHOS BLACK BEANS CORN MUFFIN VEGGIES	8 HOT DOG/CHILI DOG LOADED FRIES VEGGIES	9 QUESADILLA SEASONED RICE FIESTA BEANS VEGGIES	10 CORN DOG MAC & CHEESE VEGGIES
13 FRENCH BREAD PIZZA MARINARA VEGGIES	14 CHEESEBURGER CURLY FRIES BAKED BEANS	15 CRISPY CHICKEN SANDWICH CRINKLE FRIES VEGGIES	16 PANCAKES SAUSAGE LINKS SCRAMBLED EGGS APPLESAUCE	17 NO SCHOOL
20 NO SCHOOL	21 PERSONAL PIZZA VEGGIES	22 TACOS FIESTA BEANS VEGGIES	23 MEATBALLS MASHED POTATOES GRAVY DINNER ROLL VEGGIES	24 FISH NUGGETS CHEESY POTATOES COLESLAW GARLIC BREADSTICK GRAIN SNACK
27 STUFFED CRUST PIZZA VEGGIES SIDEKICK SLUSHIE	28 CRISPY CHICKEN WRAP SUN CHIPS VEGGIES			



FEBRUARY 2023 LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREAD			MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 MEATBALL SUB POTATO WEDGES VEGGIES	2 PULLED PORK SANDWICH BABY REDS COLESLAW	3 POPCORN CHICKEN BOWL GARLIC BREADSTICK VEGGIES HOMEMADE COOKIE
6 PIZZA CRUNCHERS MARINARA VEGGIES	7 NACHOS BLACK BEANS CORN MUFFIN VEGGIES	8 HOT DOG/CHILI DOG LOADED FRIES VEGGIES	9 QUESADILLA SEASONED RICE FIESTA BEANS VEGGIES	10 CORN DOG MAC & CHEESE VEGGIES
13 FRENCH BREAD PIZZA MARINARA VEGGIES	14 CHEESEBURGER CURLY FRIES BAKED BEANS	15 CRISPY CHICKEN SANDWICH CRINKLE FRIES VEGGIES	16 PANCAKES SAUSAGE LINKS SCRAMBLED EGGS APPLESAUCE	17 NO SCHOOL
20 NO SCHOOL	21 PERSONAL PIZZA VEGGIES	22 TACOS FIESTA BEANS VEGGIES	23 MEATBALLS MASHED POTATOES GRAVY DINNER ROLL VEGGIES	24 FISH NUGGETS CHEESY POTATOES COLESLAW GARLIC BREADSTICK GRAIN SNACK
27 STUFFED CRUST PIZZA VEGGIES SIDEKICK SLUSHIE	28 CRISPY CHICKEN WRAP SUN CHIPS VEGGIES			



FEBRUARY 2023 BREAKFAST MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADS, CEREAL BARS, CEREAL, MUFFINS & YOGURT PARFAITS AVAILABLE DAILY	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	2 PIZZA FRUIT & JUICE MILK	3 CINNAMON ROLLS FRUIT & JUICE MILK
6 APPLE FRUDEL FRUIT & JUICE MILK	7 COMBO BAR TOAST FRUIT & JUICE MILK	8 BREAKFAST SANDWICH FRUIT & JUICE MILK	9 FRENCH TOAST STICKS FRUIT & JUICE MILK	10 MINI DONUTS FRUIT & JUICE MILK
13 MINI WAFFLES FRUIT & JUICE MILK	14 BREAKFAST BITES FRUIT & JUICE MILK	15 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	16 PANCAKES SAUSAGE PATTY FRUIT & JUICE MILK	17 NO SCHOOL
20 NO SCHOOL	21 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	22 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	23 BISCUITS & GRAVY SAUSAGE LINKS FRUIT & JUICE MILK	24 CINNAMON ROLLS FRUIT & JUICE MILK
27 FILLED CEREAL BAR FRUIT & JUICE MILK	28 BREAKFAST BURRITO FRUIT & JUICE MILK			



FEBRUARY 2023 BREAKFAST MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES ASSORTED GRAINS, TOAST, YOGURT OR STRING CHEESE, FRUIT, JUICE & MILK	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	2 PIZZA FRUIT & JUICE MILK	3 CINNAMON ROLL FRUIT & JUICE MILK
6 APPLE FRUDEL FRUIT & JUICE MILK	7 COMBO BAR TOAST FRUIT & JUICE MILK	8 BREAKFAST SANDWICH FRUIT & JUICE MILK	9 FRENCH TOAST STICKS FRUIT & JUICE MILK	10 MINI DONUTS FRUIT & JUICE MILK
13 MINI WAFFLES FRUIT & JUICE MILK	14 BREAKFAST BITES FRUIT & JUICE MILK	15 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	16 PANCAKES SAUSAGE PATTY FRUIT & JUICE MILK	17 NO SCHOOL
20 NO SCHOOL	21 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	22 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	23 PANCAKE ON A STICK FRUIT & JUICE MILK	24 CINNAMON ROLL FRUIT & JUICE MILK
27 FILLED CEREAL BAR FRUIT & JUICE MILK	28 BREAKFAST BURRITO FRUIT & JUICE MILK			