



February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis

Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

Blank menu box for Thursday.

Assorted Classic
Pizza
Romaine Salad
w/ Tomatoes, Fresh
Cucumbers & Chickpeas

4
Cheese Ravioli
w/ Marinara Sauce
Garlic Toast
Roasted Broccoli

5
Loaded Taco
w/ Meat & Cheese
Rice
Corn

6
Hot Ham & Cheese
on Pretzel Roll
Macaroni Salad
Green Beans

7
Turkey Chunks
W/ Gravy
Mashed Potatoes
Seasoned Carrots

8
Pepperoni Roll
Romaine Salad
w/ Tomatoes &
Fresh Cucumbers

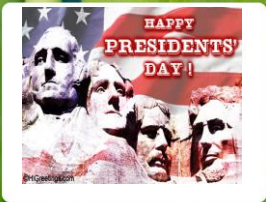
11
Macaroni & Cheese
WG Dinner Roll
Seasoned Carrots

12
Hot Meatball Sub
Side of Pasta
Cucumber, Tomato, &
Mozzarella Salad

13
Ultimate Chicken Bowl
Popcorn Chicken
Mashed Potatoes
Gravy, Cheese, & Corn
WG Dinner Roll

14
BBQ Pulled Pork
On a WG Roll
Potato Wedges
Green Beans

15
Assorted Classic
Pizza
Romaine Salad
w/ Tomatoes, Fresh
Cucumbers & Chickpeas



19
No School
Presidents' Day
Recess

20
Read a book!



25
Alfredo Rotini
Cheesy Breadsticks
Roasted Broccoli

26
Loaded Nachos
W/ Meat or Chicken
Salsa & Cheese
Refried Beans
Corn

27
Chicken Tenders
Cheesy Rice
Green Beans

28
Hamburger/
Cheeseburger
On WG Roll
French Fries
Green Beans

Blank menu box for Friday.

Announcements

Available Daily:
Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)
Milk Choices:
1% White, Skim White
Skim Chocolate
Daily Choices:
Sandwich of the Day
PB&J
Garden Salad
Fruit Smoothies
Yogurt Parfaits

Menu subject to change without notice

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

"USDA is an equal opportunity provider and employer."