



February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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InSeason! Broccoli

Broccoli shares cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.

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



Announcements

Available Daily

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two

Milk Choices

1% White
Skim Chocolate

Daily Choices

Grab and Go Bar
Sandwich Station
Smoothies
Fresh Salads
Wrap of the Day

Menu subject to change without notice

Meal Prices

Lunch

K-5 th	\$2.00
6 th -12 th	\$2.10
Reduced	\$.25

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