

February

BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> • zac omega bar blackberry • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • breakfast cinnamon crumble • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • rf honey buttons cereal • fresh seasonal fruit • 1% or Fat-Free Milk
<ul style="list-style-type: none"> • zac omega bar apple • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • string cheese/skeeter cinn grahams • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • apple cinna-grins cereal • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • hot southwest chicken chorizo and cheese bagel sandwich • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • dipper doodle bar • fresh seasonal fruit • 1% or Fat-Free Milk
<ul style="list-style-type: none"> • rf honey buttons cereal • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • breakfast cinnamon crumble • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • rf snow flurries cereal • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • mini dipperdoodle /hard boiled egg • fresh seasonal fruit • 1% or Fat-Free Milk 	<p>No School Staff Development</p>
<p>No School President's Day</p>	<ul style="list-style-type: none"> • yogurt/granola • fresh seasonal fruit • 1% or Fat-Free Milk • 	<ul style="list-style-type: none"> • lemon muffin • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • rf honey buttons cereal • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • blueberry muffin • fresh seasonal fruit • 1% or Fat-Free Milk
<ul style="list-style-type: none"> • zac omega bar strawberry • fresh seasonal fruit • 1% or Fat-Free Milk 	<ul style="list-style-type: none"> • rf snow flurries cereal • fresh seasonal fruit • 1% or Fat-Free Milk 			

Did You Know?

The average American eats 14 pounds of cereal every year? Grab a spoon and try our whole grain, lightly-sweetened **Honey Buttons, Snow Flurries, and Cocoa Critters** cereals.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



February

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> all natural hot dog sloppy joe on a bun (PK) southwest veggie wrap (VG) chilled, seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> chicken taco trio sunbutter and jelly sandwich chopped lettuce and sliced tomatoes with ranch fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> chicken enchiladas garden ranch salad \chicken breast sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk
<ul style="list-style-type: none"> lone star grilled chicken breast sandwich (PK) hot meatball sub seasoned corn fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> baked mac & cheese and chicken bites lunch combo pinto beans & baby carrots fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> orange chicken rice bowl sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> mighty meaty deli combo celery sticks with ranch fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> bbq chicken with cheesy rice chicken caesar salad braised greens fresh seasonal fruit 1% or Fat-Free Milk
<ul style="list-style-type: none"> chicken bites (DF) green peas fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> chicken teriyaki (DF) edamame & blanched broccoli florets fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> cheese lasagna (VG) honey mustard chicken wrap chilled, seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> oven roasted chicken sandwich (DF) chopped lettuce& sliced tomatoes with ranch 	No School Staff Development
No School President's Day	<ul style="list-style-type: none"> baked mac & cheese w/bbq chicken pinto beans & baby carrot fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> turkey and cheese sandwich chilled, seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> sloppy joe (DF) chopped lettuce and sliced tomatoes with ranch fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> bbq meatballs with cheesy rice bbq chicken with cheesy rice sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk
<ul style="list-style-type: none"> chicken bites (DF) chilled, seasoned green beans fresh seasonal fruit 1% or Fat-Free Milk 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) chicken caesar wrap pinto beans & baby carrots fresh seasonal fruit 1% or Fat-Free Milk 			

What's New?

February is crunch time! Get ready for the all **NEW Buffalo Chicken Crunchadilla**, a quesadilla with cheese and chicken served with Ranch Rumbles. Stuff your Rumbles directly inside to put the "crunch" in your "crunchadilla."

Look for it on the menu on February 10 and February 21!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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February

SNACK MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> • mini dipperdoodle /fruit • fresh seasonal fruit 	<ul style="list-style-type: none"> • skeeter cinnamon grahams/fruit • fresh seasonal fruit 	<ul style="list-style-type: none"> • zac attack bar strawberry/fruit • fresh seasonal fruit
<ul style="list-style-type: none"> • goldfish cheese crackers/fruit • fresh seasonal fruit 	<ul style="list-style-type: none"> • yogurt/ • fresh seasonal fruit 	<ul style="list-style-type: none"> • mini dipperdoodle • fresh seasonal fruit 	<ul style="list-style-type: none"> • skeeter honey grahams/ juice • fresh seasonal fruit 	<ul style="list-style-type: none"> • zac attack bar apple • fresh seasonal fruit
<ul style="list-style-type: none"> • goldfish pretzels • fresh seasonal fruit 	<ul style="list-style-type: none"> • zac attack bar strawberry • fresh seasonal fruit 	<ul style="list-style-type: none"> • yogurt • fresh seasonal fruit 	<ul style="list-style-type: none"> • sunflower seeds/fruit • fresh seasonal fruit 	<p>No School Staff Development</p>
<p>No School President's Day</p>	<ul style="list-style-type: none"> • goldfish cheese crackers/ juice • fresh seasonal fruit 	<ul style="list-style-type: none"> • mini dipperdoodle /fruit • fresh seasonal fruit 	<ul style="list-style-type: none"> • multigrain rumbles - ranch/ fruit • fresh seasonal fruit 	<ul style="list-style-type: none"> • granola/string cheese • fresh seasonal fruit
<ul style="list-style-type: none"> • skeeter cinnamon grahams/fruit • fresh seasonal fruit 	<ul style="list-style-type: none"> • sunflower seeds/fruit • fresh seasonal fruit 			

Did You Know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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