

FEBRUARY 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch

MON	TUE	WED	THU	FRI	1
--BREAKFAST--					
WK 2					BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
--LUNCH--					
					Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)
					Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)
MON	TUE	WED	THU	FRI	8
--BREAKFAST--					
WK 3					Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		
--LUNCH--					
Cheesy Meatloaf Sandwich (38g), Fries (27g), Seasonal Fruit (~15g)	Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)	General Tso (26g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)	CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Breaded Chicken Patty (13g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)	BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)	Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)
MON	TUE	WED	THU	FRI	15
--BREAKFAST--					
WK 1					NO SCHOOL
Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		
--LUNCH--					
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)	Chili Cheese Fries (29g), Bread Sticks (25g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)	Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)	Steak Burrito (32g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		NO SCHOOL
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)	Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)	Japanese Cherry Blossom Chicken (27g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)		NO SCHOOL
MON	TUE	WED	THU	FRI	22
--BREAKFAST--					
WK 2					BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
--LUNCH--					
NO SCHOOL	Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit (~16g)	Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)	Red Chile Beef Enchiladas (33g), Spanish Rice (20g), Beans (14g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)
NO SCHOOL	Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Frito Pie (38g), Corn (16g), Peaches (16g)	Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)
MON	TUE	WED	THU	FRI	1
--BREAKFAST--					
WK 3					Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		
--LUNCH--					
Cheesy Meatloaf Sandwich (38g), Fries (27g), Seasonal Fruit (~15g)	Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)	Thai Chili Chicken (15g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)	CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Breaded Chicken Patty (13g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)	BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)	Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)