

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CAFETERIA BREAKFAST		Assorted Cereals Toast Orange Juice	Assorted Cereals Pancakes or French Toast Sticks Orange Juice and/or Fruit Topping	Assorted Cereals Toast Orange Juice	Assorted Cereals Yogurt Orange Juice and/or Fruit Cup	Assorted Cereals Toast or Cinnamon Toast Orange Juice and/or Fresh Fruit	Please visit our website for breakfast in the classroom sites and menus.
		1 Beef & Cheese Quesadilla or Country Chicken Healthful Choice Bar: • Dinner Roll • Cheesy Potatoes • Fresh Tossed Green Salad • Fruit	2 Hard Boiled Eggs w/ Bagel ★ or Pepperoni Cheese Bread ▲ Healthful Choice Bar: • Parmesan Noodles ★ • Fresh Cherry Tomatoes, Snow Peas, & Jicama • Fresh Tossed Green Salad • Fruit	3 Teriyaki Chicken & Rice ★ or Hot Dog Wrap Fortune Cookie Healthful Choice Bar: • Pork & Beans ▲ • Fresh Steamed Broccoli & Carrots • Fresh Tossed Green Salad • Fruit	4 Macaroni & Cheese ★ or Bean Burrito Healthful Choice Bar: • Tortilla Chips ★ • Fresh Salad Mix, Carrots, Green Onions, Broccoli, & Kidney Beans • Fruit Salad	5 Taco Salad ★ or Chicken Sandwich Healthful Choice Bar: • Baked Potato Wedges • Green Beans • Lettuce, Tomato, & Pickle • Fruit	6
7	8 Homemade Chili Mac ★ or Popcorn Chicken Healthful Choice Bar: • Tortillas • Golden Corn • Fresh Cherry Tomatoes, Broccoli, & Celery • Fruit	9 Build a Burger or Yogurt Parfait & Graham Crackers Baked Fries Healthful Choice Bar: • Flavored Gelatin • Fresh Tossed Green Salad • Fruit Salad	10 Spaghetti w/ Meat Sauce ★ or Sea Treasures Fresh Baked Cookie Healthful Choice Bar: • Breadstick ★ • Fresh Salad Mix, Yam, Celery, Cucumber, & Bell Pepper • Fruit	11 Mini Cheese Pizza ★ or Chef Boyardee Ravioli® Healthful Choice Bar: • Whole Wheat Bread ★ • Fresh Salad Mix, Tomatoes, Broccoli, Garbanzo Beans, & Jicama • Fruit	12 <i>I LOVE SCHOOL LUNCH!</i> Toasty Cheese Sandwich ★ or BBQ Rib Sandwich ▲ Sweetheart Brownie Healthful Choice Bar: • Variety Crackers • Tomato Soup • Fresh Carrots & Cucumber • Fruit	13	
14 <i>HAPPY VALENTINES'S DAY!</i>	15 <i>PRESIDENTS' DAY</i>	16 Teriyaki Chicken & Rice ★ or New-York Style Pretzel w/ String Cheese Healthful Choice Bar: • Rice ★ • Fresh Steamed Broccoli & Carrots • Fresh Tossed Green Salad • Fruit	17 Super Cheese Pizza ★ or Ranch Chicken Wrap Oreo Cookie Healthful Choice Bar: • Breadstick ★ • Fresh Salad Mix, Tomatoes, Carrots, Peas, & Radishes • Fruit	18 French Toast Sticks & Scrambled Eggs or Country Chicken Healthful Choice Bar: • Dinner Roll • Mashed Potatoes & Gravy • Fresh Carrots & Broccoli • Fruit Topping	19 Baked Potato w/ Cheese Sauce or Hot Dog Healthful Choice Bar: • Tortillas • Chili Beans • Fresh Salad Mix, Tomatoes, Bell Pepper, & Garbanzo Beans • Fruit Salad	20	
21	22 Bean & Cheese Enchilada or Henny Penny Healthful Choice Bar: • Rice ★ • Golden Corn • Fresh Carrots, Cucumber, & Cauliflower • Fruit	23 Mini Cheese Pizza ★ or Yogurt & Bagel ★ w/ Cream Cheese Healthful Choice Bar: • Fresh Salad Mix, Tomatoes, Broccoli, Yam, Jicama, Zucchini, & Kidney Beans • Fruit Salad	24 Homemade Lasagna or Corn Dog Pudding Healthful Choice Bar: • Whole Wheat Bread ★ • Fresh Salad Mix, Tomatoes, Carrots, Peas, & Radishes • Fruit	25 Macaroni & Cheese ★ or Fish Sandwich Healthful Choice Bar: • Dinner Roll • Green Beans • Fresh Salad Mix, Garbanzo Beans, Bell Pepper, & Cucumber • Fruit	26 Pancakes & Sausage ▲ or BBQ Chicken Sandwich Healthful Choice Bar: • Baked Potato Wedges • Fresh Carrot & Celery Sticks • Fresh Tossed Green Salad • Fruit Topping	27	
28					▲ = Menu Item contains Pork ★ = Whole Grain Item All meals include choice of 1/2 pint of milk: • Skim • 1% white • 1% chocolate	Whole Grain Sandwiches ★ are available everyday: Mon. - Tuna Tues. - Turkey Wed. - Egg Salad rotates w/ Cold Cheese every week Thurs. - Ham & Cheese ▲ Fri. - Peanut Butter & Jelly	