

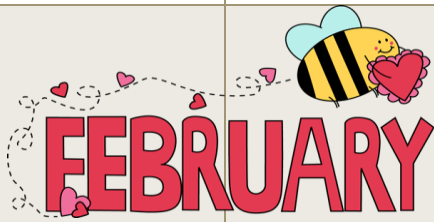


FEBRUARY 2017

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Rock & Roll Beef Wrap Broccoli Salad Steamed Carrots Fresh Pineapple Cookie Canned Peaches (9-12) Milk	2 Beef & Bean Burrito Salad Baked Beans Tortilla Chips & Salsa Fresh Strawberries Fruit Cocktail (9-12) Milk	3 Pizza Hut Pizza Tortilla Chips & Salsa Romaine & Tomato Broccoli Fresh Banana Canned Pears (9-12) Milk	4	5
6 NO SCHOOL	7 Hot Dogs on a Bun Sun Chips Romaine & Tomato Fresh Banana Cucumbers Applesauce (9-12) Milk	8 Ham & Cheese on a Bun Baked Beans Broccoli, Celery Summer Fruit Salad Cookie Fruit Cocktail (9-12) Milk	9 Pizza Hut Pizza Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Sliced Peaches Bananas (9-12) Milk	10 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sun Chips , Grapes Mandarin Oranges (9-12) Milk	11 	12
13 Ham & Cheese Wrap Garden Salad Fresh Baby Carrots Cookie, Peaches Apple Slices (9-12) Milk	14 Chicken Strips Cheese Breadsticks w/Marinara Sauce Seasoned Corn Tossed Salad Fersh Mango Applesauce (9-12) Milk	15 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sun Chips Fresh Kiwi Pineapple (9-12) Milk	16 Chef Salad Ham & Turkey Tomatoes Whole Wheat Garlic Roll Broccoli Fresh Pineapple Canned Peaches (9-12) Milk	17 Pizza Hut Pizza Bread Sticks Lettuce Salad Summer Fruit Salad Cookie Mandarin Oranges (9-12) Milk	18	19
20 NO SCHOOL	21 Chicken Tetrzzini Garlic Bread Tossed Salad Seasoned Peas Peaches Applesauce (9-12) Milk	22 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Green Bell Pepper Strips Fresh Clementine Peaches (9-12) Milk	23 Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Fresh Mango Canned Pears (9-12) Milk	24 Yummy Sloppy Joe on a Bun Roasted Red Potatoes Baked Beans Apple Slices Tropical Fruit (9-12) Milk	25	26
27 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Green Beans Fresh Pineapple Canned Peaches (9-12) Milk	28 Chili / Crackers Tortilla Chips Bell Pepper Strips, Carrots Pickles / Cheese Cinnamon Roll Peaches Applesauce (9-12)					
This institution is an equal opportunity provider.		<p>NOTES: Just saying "Eat your vegetables" or "Drink your milk" may not get your youngster to eat his veggies or drink his milk. Instead, try strategies like these for encouraging him to have nutritious foods: ** Discuss the food you're enjoying, not what you're limiting,. For example, if you're service fresh fruit rather than cake for dessert, you might say, "These grapes are so sweet, and I love how they pop when I bite them." ** Rather than telling your child to eat something because it's healthy, focus on what the food will do for himi. You might say, "This breakfast will give you lots of energy so you can run up and down the soccer field the whole time you're in the game."</p>				