


FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 NO SCHOOL	2 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Steamed Broccoli Tropical Fruit Oatmeal Cookie Apples (9-12) Milk	3 Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Canned Peaches (9-12) Milk	4 Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Pineapple Cinnamon Puff (6-12) Canned Tropical Fruit Milk	5 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Pineapple (9-12) Fresh Grapes Milk	6	7
8 Mini Meatball Sub Ranch Potato Wedges Fresh Apples Baked Beans Canned Peaches (9-12) Milk	9 White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana Canned Pears (9-12) Milk	10 Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Fresh Banana (9-12) Milk	11 Biscuits & Gravy Sausage Patty Peas Hashbrown Patty Fresh Oranges Applesauce (9-12) Milk	12 Tuna & Noodles Whole Wheat Roll & Jelly Green Beans Creamy Cole Slaw Peach Halves Fresh Pineapple (9-12) Milk	13	14 
15 NO SCHOOL	16 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Fries Fresh Apple Canned Peaches (9-12) Milk	17 Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets Fresh Strawberries Cherry Applesauce (9-12) Milk	18 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodles Fresh Strawberries (9-12) Milk	19 Cheese Quesadillas Tortilla Chips Black Bean & Corn Salsa (9-12) Refried Beans Fresh Cantaloupe Canned Pears (9-12) Milk	20	21
22 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Green Beans Fresh Pear Canned Pineapple (9-12) Milk	23 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Fruit Cocktail (9-12) Milk	24 Chili Tortilla Chips (9-12) Red Pepper Strips Fresh Mango Cinnamon Roll Carrots Canned Peaches (9-12) Milk	25 Baked Ham Angel Biscuit & Jelly Sweet Potato Fries Green Beans Fresh Grapes Pumpkin Cake Canned Apples (9-12) Milk	26 Fish Wedge Macaroni & Cheese Whole Wheat Bread & Jelly Seasoned Peas Fresh Baby Carrots Apple Salad Canned Pears Milk	27	28
29 Beef & Bean Burrito Tortilla Chips Tomato Salsa Romaine & Tomato Mexican Corn Fresh Grapes Canned Peaches (9-12) Milk						
This institution is an equal opportunity provider.		NOTES: Cut back on your kid's sweet treats. Play detective in the cereal aisle. Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar. Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high calorie desserts. Sip Smarter. Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.				

L U N C H M E N U