

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Bagel w/Jelly
Mozzarella Stuffed Breadsticks (v)

4

Banana Bread
BBQ Beef Riblet on a Bun w/Smile Fries

5

NEW Strawberry Nutrigrain Bar w/String Cheese
Crispy Chicken Sandwich

6

Blueberry Muffin & Grahams
Galaxy Cheese Pizza (v)

7

Powdered Mini WG Donuts
Teiryaki Beef Dippers & Brown Rice

1% unflavored and fat free chocolate milk offered at every meal

10

Pop Tarts
PB & J Uncrustable & String Cheese (v)

11

Concha
NEW Chicken Vegetable Dumplings w/Brown Rice

12

Ultimate Breakfast Round
Cheeseburger & Smile Fries

13

Powdered Mini WG Donuts
Galaxy Cheese Pizza (v)

14

Banana Muffin & Grahams
Miller's Uncured Beef Hot Dog

You must select 1/2 cup fruit or vegetables with lunch, 1/2 cup with breakfast. You may select more

17

WASHINGTON'S HOLIDAY
No School

18

LINCOLN'S HOLIDAY
No School

19

Yogurt & Bug Bite Grahams
Bean & Cheese Burrito (v)

20

Concha
Galaxy Cheese Pizza (v)

21

Apple Cinnamon Muffin & String Cheese
Chicken Corn Dog

All meals are offered at NO COST to all students.

24

Bagel w/Cream Cheese
Coyote Grill Quesadilla (v)

25

Banana Bread
Chicken Nuggets & Waffle

26

Benefit Bar
Cheeseburger & Tater Tots

27

Blueberry Muffin & String Cheese
Galaxy Pepperoni Pizza

28

Powdered Mini WG Donuts
Pasta Alfredo (v)

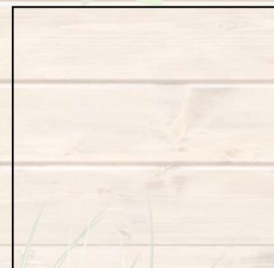
Limit of one breakfast and one lunch per student per day, please.



MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative; Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



SHARE THE LOVE

FEBRUARY IS AMERICAN HEART MONTH

To keep your heart beating righty and strong, make heart-healthy food choices all day long.