


Lunch Menu

All meals are served with a fresh fruit equivalent and fat free milk.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>February 1 - Lunch 3 oz. BBQ Pulled Pork 1 100%Whole Wheat Bun (G-2 oz. eq.) ¼ c Fresh Baby Carrots (RY) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 2 - Lunch 2.5 oz. Beef Taco Filling 1.oz. Beans (L) .50 oz. Shredded Cheese .50 Shredded Lettuce 2 oz. Salsa (RY) 1 oz. Tortilla Ultra grain shells 1/2 C Fiesta Corn (S) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 3 - Lunch 1 Sl Pepperoni/Cheese WG Pizza (1.75 oz. G; 2 oz. M/Meat Alt.) ½ C Fresh Baby Carrots (RY) ½ C Garden Salad (1/4 C eq.) (O) 1 C Fresh Fruit- Apple 8 oz. Fat Free Milk Choice</p>
<p>February 6 - Lunch 2.5 Beef burger; Sliced Pickles 1 100%Whole Wheat Bun (G-2 oz. eq.) ½ c Kettle Baked Beans (L) ¼c Fresh Baby Carrots (RY) ½ C Diced Pineapple 8 oz. Fat Free Milk Choice</p>	<p>February 7 - Lunch 5 Chicken Nuggets (3 oz.) (M/M. Alt. eq. 2.O) 1/2 C Fresh Broccoli (DG) ¼ C Celery (O) ½c 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 8 - Lunch ¼ c Beef Ravioli W/ Shredded cheese Whole Wheat Bread (G-2 oz. eq.) 1 C Garden Salad (O) (1/2 C eq.) ¼ c Fresh Baby Carrots (RY) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 9 - Lunch Fiesta Thursday—Chicken Fajita 2.5 oz. Chicken Filling .50 oz. Shredded Cheese 1 oz. Tortilla Ultra Grain Shells ¼ c Fiesta Corn (S) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 10 - Lunch 1 Sl Pepperoni/Cheese WG Pizza (1.75 oz. G; 2 oz. M/Meat Alt.) ½ C Fresh Baby Carrots (RY) ½ C Garden Salad (1/4 C eq.) (O) 1 C Fresh Fruit- Apple 8 oz. Fat Free Milk Choice</p>
<p>February 13 - Lunch 3.2 oz. Chicken Patty Wh. Wheat Bun (G-2 oz. eq.) ½ c Kettle Baked Beans (L) ¼ Fresh Baby Carrots (RY) ½ C Diced Pineapple 8 oz. Fat Free Milk Choice</p>	<p>February 14 - Lunch 2 oz. Hot Dog 1 100%Whole Wheat Bun (G-2 oz. eq.) 1/2 C Baby Broccoli (DG) ¼ C Celery (O) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 15 - Lunch 3 oz. Sloppy Joe Sandwich 1 100%Whole Wheat Bun (G-2 oz. eq.) 1 c Garden Salad (O) (1/2 C eq.) ¼ C Baby Carrots (RY) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 16 - Lunch 2.5 oz. Beef Taco Filling 1. oz. Beans .50 oz. Shredded Cheese (2.5 oz.) .50 Lettuce, 2 oz. Salsa (RY) 1 oz. Nacho Grain Chips (G-1 oz. eq.) 1/2 C Fiesta Corn (S) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 17 - Lunch 1 Sl Pepperoni/Cheese WG Pizza (1.75 oz. G; 2 oz. M/Meat Alt.) ½ C Fresh Baby Carrots (RY) ½ C Garden Salad (1/4 C eq.) (O) 1 C Fresh Fruit- Apple 8 oz. Fat Free Milk Choice</p>
<p>February 20 - Lunch</p> <p>NO SCHOOL</p>	<p>February 21 - Lunch 4 oz. Vegetable Soup (RY) & 4 oz. Grilled Cheese W/ 1/2 C Fresh Broccoli (DG) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p> <p style="text-align: center;"></p>	<p>February 22 - Lunch 5 oz. Chili Con Carne W/ 2 oz. Beans 2 oz. Cornbread 1/2 C Garden Salad (O) (1/4 C eq.) 1/4 C Fresh Baby Carrots (RY) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 23 - Lunch 2.5 oz. Beef Taco Filling, 2 oz. Beans .50 oz. Shredded Cheese 2 oz. Salsa (RY) 1 oz. Nachos Chips (G-1 oz. eq.) 1/2 C Fiesta Corn (S) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>	<p>February 24 - Lunch 1 Sl Pepperoni/Cheese WG Pizza (1.75 oz. G; 2 oz. M/Meat Alt.) 1/4c C Fresh Baby Carrots (RY) ½ C Garden Salad (1/4 C eq.) (O) 1 C Fresh Fruit- Apple 8 oz. Fat Free Milk Choice</p>
<p>February 27 - Lunch 3.oz. Chicken Fingers W/Bbq Sauce (M/Meat Alt_2 oz. Grain 1 oz.) ½ c Kettle Baked Beans (L) 1/4 C Carrots (RY) ½ C Diced Pineapple 8 oz. Fat Free Milk Choice</p>	<p>February 28 - Lunch 4 oz. Mac n' cheese W/ Ham 2 oz. Whole Wheat Roll (G-2 oz. eq.) ½ C Fresh Broccoli (DG) ¼ C Celery (O) ½ C 100% Fruit Juice Choice 8 oz. Fat Free Milk Choice</p>			

Love God. Love others. That's it!

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>February 1, 2017 1 oz. G eq. 51 % WG Cereal 1 Graham Crackers /1sleeve .50 oz Fresh Fruit Equivalent 1 Cup (Fresh Orange) 8 oz. Fat Free Milk Choice</p>	<p>February 2, 2017 2 oz. WG Apple Granola Fruit Bar-1 oz.gr. 1 Sleeve Graham Crackers / (.50 oz. G eq. Fresh Fruit Equivalent 1 Cup Seedless Grapes when in season 8 oz. Fat Free Milk Choice</p>	<p>February 3, 2017 3.3 oz. WG Mini Blueberry Pancakes . ½ C Applesauce (A,C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p>
<p>February 6, 2017 1 oz. G eq. 51 % WG Cereal .50 oz. G ½ C Diced Peaches (A,C) ½ C 100% Fruit Juice 8 oz. Fat Free Milk Choice</p>	<p>February 7, 2017 2 oz. WG Bagel w/ Cream. 2 oz. gr Eq. Cheese/Jelly (2 oz. Equiv. Grain.) Fresh Fruit Equivalent 1 Cup (Banana) 8 oz. Fat Free Milk Choice</p>	<p>February 8, 2017 1 oz. G eq. 51 % WG Cereal 1 Graham Crackers /1sleeve .50 oz. G Fresh Fruit Equivalent 1 Cup (Fresh Orange) 8 oz. Fat Free Milk Choice</p>	<p>February 9, 2017 1 oz. WG Strawberry Pop tart 1 oz. 2 oz. Strawberry Yogurt-1 oz. M/M. Alt Fresh Fruit Equivalent 1 Cup (Seedless Grapes when in season) 8 oz. Fat Free Milk Choice</p>	<p>February 10, 2017 **2.3 oz. (1) WG French Toast Slice (G) 1/4 C Maple Syrup . ½ C Applesauce (A,C) ½ C 100% Fruit Juice 8 oz. Fat Free Milk Choice</p>
<p>February 13, 2017 1 oz.-. G eq. 51 % WG Cereal 1 Sleeve Graham Cracker (.50 oz. G eq.). ½ C Diced Peaches (A,C) ½ C 100% Fruit Juice (Apple, Or- ange) 8 oz. Fat Free Milk Choice</p>	<p>February 14, 2017 2 oz. WG Apple Cinnamon Muffin - (1) .5 oz. Slice P. Cheese Fresh Fruit Equivalent 1 Cup (Banana) 8 oz. Fat Free Milk Choice</p> 	<p>February 15, 2017 1oz G.eq. 51 % WG Cereal 1 Sleeve Graham Cracker (.50 oz. G). (Fresh Orange) 8 oz. Fat Free Milk Choice</p>	<p>February 16, 2017 1 oz. WG Cinnamon Pop tart (Equiv-2.25 oz. Gr.) 2 oz. Blue Berry Yogurt-1 oz. M/M. Alt Fresh Fruit Equivalent 1 Cup (Seedless Grapes when in season) 8 oz. Fat Free Milk Choice</p>	<p>February 17, 2017 2.85 Maple Pancake Sausage Wrap (1 oz. M/Meat Alternative; 1 oz. Grain eq.) ¼ C Maple Syrup ½ C Applesauce (A,C) ½ C 100% Fruit Juice 8 oz. Fat Free Milk Choice</p>
<p>February 20, 2017</p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>	<p>February 21, 2015 2 oz. WG Cranberry Loaf-1 oz. G eq. .50 Sliced Cheese Fresh Fruit Equivalent 1 Cup (Banana) 8 oz. Fat Free Milk Choice</p>	<p>February 22, 2017 1 oz.-. G eq. 51 % WG Cereal 1 Sleeve Graham Cracker (.50 oz. G Fresh Fruit Equivalent 1 Cup (Fresh Orange) 8 oz. Fat Free Milk Choice</p>	<p>February 23, 2017 2 oz. WG Apple Granola Fruit Bar-1 oz.gr. 1 Sleeve Graham Crackers / (.50 oz. G eq. Fresh Fruit Equivalent 1 Cup Seedless Grapes when in season 8 oz. Fat Free Milk Choice</p>	<p>February 24, 2017 3 oz. Sausage Gravy 2 oz. Biscuit . ½ C Applesauce (A,C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p>
<p>February 27, 2017 1 oz.-. G eq. 51 % WG Cereal 1 Sleeve Graham Cracker ½ C Diced Peaches (A,C) ½ C 100% Fruit Juice () 8 oz. Fat Free Milk Choice</p>	<p>February 28, 2017 2 oz. WG Blueberry Muffin 2 oz. Blue Berry Yogurt-1 oz. M/M. Alt Fresh Fruit Equivalent 1 Cup (Banana) 8 oz. Fat Free Milk Choice</p>			



Love God. Love others. That's it!