

February 2017



Natural peanut butter (just peanuts and salt) and non-high fructose corn syrup jelly on whole grain sandwich bread is available every day as a menu alternative. Only whole grains are served. Fruit is offered with every meal. Chocolate skim milk (without high fructose corn syrup) and 1% milk are offered. Lunch costs \$2.75. A la carte milk is 50 cents. A second slice of pizza is \$1.50. This is a seasonal menu that will change throughout the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Taco/Burrito Bar: Refried Beans, Onion, Cheese, Lettuce, Tomato, Salsa Mixed Fruit Healthy Choice Bar	2 Orange Chicken Brown Rice Green Onions & Cilantro Sliced Peaches Healthy Choice Bar	3 Honey Lemon Chicken Brown Rice Pilaf Roasted Kale w/ Garlic Applesauce Cups Healthy Choice Bar	4
5	6 Crispy Chicken Sandwich with Lettuce/Tomato Mashed Potatoes Sliced Peaches Healthy Choice Bar	7 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	8 Nancie's Chicken Soup Whole Grain Buttermilk Biscuit Sliced Pears Healthy Choice Bar	9 Popcorn Chicken MFT BBQ Sauce Quinoa Salad Mandarin Oranges Healthy Choice Bar	10 Rainbow Trout Fish Sticks Baked Potato Wedges Fresh Seasonal Fruit Healthy Choice Bar	11
12	13 Beef Hamburger Whole Grain Bun Sliced Cheese Tomato, Lettuce Mixed Fruit Healthy Choice Bar	14 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	15 Taco/Burrito Bar: Refried Beans, Onion, Cheese, Lettuce, Tomato, Salsa Mixed Fruit Healthy Choice Bar	16 Orange Chicken Brown Rice Green Onions & Cilantro Sliced Peaches Healthy Choice Bar	17 No School	18
19	20 No School	21 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	22 Nancie's Chicken Soup Whole Grain Buttermilk Biscuit Sliced Pears Healthy Choice Bar	23 Popcorn Chicken MFT BBQ Sauce Quinoa Salad Mandarin Oranges Healthy Choice Bar	24 Rainbow Trout Fish Sticks Baked Potato Wedges Fresh Seasonal Fruit Healthy Choice Bar	25
26	27 Beef Hamburger Whole Grain Bun Sliced Cheese Tomato, Lettuce Mixed Fruit Healthy Choice Bar	28 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups				

Menu is subject to change.

"This institution is an equal opportunity provider."