

# February 2019

## Breakfast Menu

Assorted milk flavors will be offered daily.

WG= Whole Grain

**Breakfast:**

**MUST** serve 3 components:

\*Fruit

\*Grain

\*Fluid Milk

Monday	Tuesday	Wednesday	Thursday
<b>4</b> WG Apple Bar Fresh Fruit 100% Juice/Milk	<b>5</b> WG Assorted Muffins String Cheese Fresh Fruit 100% Juice/Milk	<b>6</b> Breakfast Burrito WG Tortilla/Salsa Fresh Fruit 100% Juice/Milk	<b>7</b> WG Pancake-on-a-Stick Fresh Fruit 100% Juice/Milk
<b>11</b> Breakfast Combo WG Cinnamon Toast Fresh Fruit 100% Juice/Milk	<b>15</b> WG Waffles/Syrup Bacon Fresh Fruit 100% Juice/Milk	<b>16</b> WG Breakfast Pizza Fresh Fruit 100% Juice/Milk	<b>17</b> Whole Grain Pretzel Cheese Sauce Fresh Fruit 100% Juice/ Milk
<b>18</b> WG PB&J Sandwich Fresh Fruit 100% Juice/Milk	<b>22</b> Yogurt WG Granola Bar Fresh Fruit 100% Juice/Milk	<b>23</b> Sausage on a WG Biscuit Fresh Fruit 100% Juice/Milk	<b>24</b> WG French Toast/Ham Syrup Fresh Fruit 100% Juice/Milk
<b>25</b> WG Pancakes/Syrup Sausage Patty Fresh Fruit 100% Juice/Milk	<b>29</b> Scrambled Egg WG Toast/Jelly Fresh Fruit 100% Juice/Milk	<b>30</b> Breakfast Taco Salsa Fresh Fruit 100% Juice/Milk	<b>31</b> Hot Oatmeal Bar Fresh Fruit 100% Juice/Milk

# Lunch Menu

Salad bar will be offered daily for ALL students during lunch.

Assorted milk flavors will be offered daily.

Monday	Tuesday	Wednesday	Thursday
<b>4</b> WG Chicken Fajitas Seasoned Chicken with WG Warm Tortillas. Warm Refried Beans Fresh Fruit/Salad Bar Milk	<b>5</b> Classic Cheeseburger on a WG Bun Shoe String Fries Fresh Fruit/Salad Bar Milk	<b>6</b> Sub Sandwich Bar Served on a WG Hoagie Bun Lettuce, Tomato, Cheese Mayo/Pickles Fresh Fruit/Salad Bar Milk	<b>7</b> Beef Taco Seasoned Beef in a Crunchy Taco Shell with Lettuce and Salsa Fresh Fruit/Salad Bar Milk
<b>11</b> Sausage & Pepperoni Pizza WG Crust with Homemade Marinara Sauce. Fresh Fruit/Salad Bar Milk	<b>12</b> Oven Baked Chicken Scalloped Potatoes Dinner Roll Fresh Fruit/Salad Bar Milk	<b>13</b> Centennial Chili Dog Covered in Homemade Red Chili on a WG Bun. Sprinkled with Shredded Cheese Fries Fresh Fruit/Salad Bar Milk	<b>14</b> Beef and Bean Nacho Supreme Corn Tortilla Chips Fresh Fruit/Salad Bar Milk
<b>18</b> Lasagna with Meat Sauce Homemade Marinara Sauce with Ground Beef. WG Garlic Bread Fresh Fruit/Salad Bar Milk	<b>19</b> WG Grilled Cheese Tomato Soup Fresh Fruit/Salad Bar Milk	<b>20</b> Meatloaf & Mashed Potatoes/Gravy WG Dinner Roll Fresh Fruit/Salad Bar Milk	<b>21</b> Chicken Tenders Potatoes Salad WG Cheesy Bread Fresh Fruit/Salad Bar Milk
<b>25</b> Spaghetti with Basil Homemade Marinara Sauce WG Garlic Toast Fresh Fruit/Salad Bar Milk	<b>26</b> Pork Green Chili Stew with WG Warm Tortillas Bean Salad Fresh Fruit /Salad Bar Milk	<b>27</b> BBQ Chicken WG Cheesy Bread Fresh Fruit /Salad Bar Milk	<b>28</b> Pulled Pork Taco WG Spanish Rice Salsa Fresh Fruit/Salad Bar Milk

Lunch:

**MUST** serve 5 components:

- \*Fruit
- \*Vegetable
- \*Grains
- \*Meat/Meat Alternate
- \*Milk