



February is the Month of "Love" Make sure the people in your life know they are Loved and Appreciated 😊



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday


"This institution is an Equal Opportunity Provider"

Rotini Hotdish or Ham & Cheese Sandwich **1**
 Lettuce Salad
 Steamed Carrots
 Breadstix

French Toast Stix **2**
 Sausage Links
 American Fries
 Warm Sliced Apples
 Choice of Fruit

Cheesy Pizza w/ Rice & Cinnamon Sugar **3**
 Veggies & Dip
 Steamed Broccoli
 Choice of Fruit

Cheesy.Quesadilla.Pizza **6**
 Yogurt.Cup
 Steamed Corn
 Choice of Fruit
 Veggies.&.Dip

Cheeseburger on Bun **7**
 French Fries
 Baked Beans
 Veggies & Dip
 Choice of Fruit

Tator Tot Hotdish or PB&J Uncrustable **8**
 Lettuce Salad
 Peas & Carrots
 Choice of Fruit / Breadstix

Chicken.Nuggets **9**
 Mashed.Potatoes
 Steamed.Corn
 Choice.of.Fruit

BBQ Rib on Bun **10**
 Smile Potatoes
 Steamed Broccoli
 Choice of Fruit

Chicken Pattie on Bun **13**
 Mashed Potatoes
 Veggies & Dip
 Choice of Fruit

Pepperoni Pizza Stix **14**
 Yogurt Cup
 Lettuce Salad
 Steamed Corn
 Choice of Fruit
 Strawberry Shortcake

Sweet & Sour Chicken over Rice w/ Veggies & Breadstix **15**
Elem: Chicken Nuggets
 Sun chip Bag
 Veggies
 Choice of Fruit

Taco Salad w/ Frito Chips **16**
 Refried Beans
 Lettuce/ Tomatoes / Cheese
 Steamed Sweet Corn
 Choice of Fruit
 Ice Cream Treat

Mozzarella Dippers w/ Marinara Sauce **17**
 Lettuce Salad
 Steamed Carrots
 Choice of Fruit
 Fruit Snack Bag

NO SCHOOL **20**

Hot Dog on Bun **21**
 Bag of Chips
 Veggies & Dip
 Choice of Fruit

Potato Bar ~Middle & High w/ all the fixins & Breadstix **22**
Elem: Mini Corn Dogs
 Augratin Potatoes
 Lettuce Salad
 Choice of Fruit

Sloppy Joes on Bun or PB&J Uncrustable **23**
 French Fries
 Baked Beans
 Veggies & Dip
 Choice of Fruit

Pulled Pork on Bun or PB&J Ucrustable **24**
 Tator Tots
 Steamed Carrots
 Choice of Fruit

Cheeseburger on Bun **27**
 Waffle Fries
 Veggies & Dip
 Choice of Fruit

Chicken Nuggets **28**
 Mashed Potatoes
 Steamed Corn
 Choice of Fruit
 Brownies

