

School Food is Cool Food!

February Lunch Menu *Meals Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Average
			1 Choice A Soft Shell Taco Beef, Shredded Cheese Black Bean Salsa Apple Slices Giant Goldfish Graham Cracker Choice B Bean & Cheese Burrito Black Bean Salsa Carrots Apple Slices Giant Goldfish Graham Cracker	2 *Ham & Cheese Sandwich Carrots & Cucumbers Chilled Fruit No Vegetarian Menu	<u>Calories</u> 605.39 <u>Saturated Fat</u> 9.0% <u>NA</u> 1051.17mg
5 Choice A Mini Corn Dogs Baked Beans Pineapple Tidbits Fresh Broccoli Choice B Pizza Dippers w/ Marinara Pineapple Tidbits Fresh Broccoli Hummus	6 Topsy Turvy French Toast Sticks Tator Tots Syrup Orange Cucumbers Slices	7 Choice A Hamburger on Bun Tator Tots Carrot Coins Apple Slices Choice B Veggie Burger on Bun Tator Tots Carrot Coins Apple Slices	8 Cheese Quesadilla Salsa Carrot Sticks Chilled Fruit	9 Turkey & Cheese Sandwich Zucchini Coins Cherry Tomatoes Chilled Fruit No Vegetarian Menu	<u>Calories</u> 586.48 <u>Saturated Fat</u> 8.00% <u>NA</u> 966.95mg
12 Choice A Hot Dog on Bun Tator Tots Celery Sticks Chilled Fruit Choice B Grilled Cheese Sandwich Tator Tots Celery Sticks Chilled Fruit	13 Cheese Pizza Carrots Coins Cucumbers Slices Diced Peaches	14 Choice A Chicken Nuggets WG Pretzel Stick Orange Wedges Romaine Salad w/ tomatoes Choice B String Cheese & Crackers Orange Wedges Romaine Salad w/ tomatoes	15 Choice A Soft Shell Taco Beef, Shredded Cheese Black Bean Salsa Fresh Pear Giant Goldfish Graham Cracker Choice B Bean & Cheese Burrito Black Bean Salsa Carrot Sticks Fresh Pear Giant Goldfish Graham Cracker	16 Munchable Lunch String Cheese Yogurt Dinner Roll Grapes Carrots Coins No Vegetarian Menu	<u>Calories</u> 587.29 <u>Saturated Fat</u> 9.00% <u>NA</u> 906.59mg
19 Choice A Mini Corn Dogs Tator Tots Chilled Fruit Fresh Broccoli Choice B Pancakes Veggie Sausage Patty Tator Tots Chilled Fruit Fresh Broccoli	20 Cheese Pizza Celery Sticks Cherry Tomatoes Pineapple Tidbits	21 Pizza Dippers w/ Marinara Apple Slices Bean Salad	22 Frank & Wilson Eat	23 No School No Frank & Wilson	<u>Calories</u> <u>Saturated Fat</u>
26 Choice A Ravioli Cherry Tomatoes Celery Chilled Pears Pretzel Stick Choice B Mini Cheese Pizza Bagels Cherry Tomatoes Celery Chilled Pears	27 Choice A Hamburger on Bun Tator Tots Carrot Coins Apple Slices Choice B Veggie Burger on Bun Tator Tots Carrot Coins Apple Slices	28 Choice A WG Chicken Nuggets Corn Bean Salad Orange Choice B Grilled Cheese Tator Tots Bean Salad Orange	28 Skim White, Skim Chocolate, and 1% White Milk available daily. A variety of low-fat or fat-free condiments (ranch, French, mustard, ketchup, BBQ, honey mustard) are available daily. All breads, tortillas, pancakes, pastas etc. are whole grain rich.	*Contains Pork	