





Monday		Tuesday		Wednesday		Thursday		Friday	
American Heart Month Keep your heart healthy by getting 60 minutes of physical activity every day! You can also help your heart by eating a diet with plenty of fruits and vegetables, lean protein and low fat or fat free dairy. 				1		Groundhog Day 2		3	
6		7		8		9		10	
Fish w/Tartar Sauce Steamed Carrots Black Eyed Peas Roll		Honey Lemon Chicken w/Rice Steamed Broccoli Roll Peach Cup		Manager's Choice Soup w/Toasted Cheese Sandwich Garden Salad Mixed Fruit Cup		Ham Biscuit Macaroni & Cheese Green Peas Baked Apples		Three Cheese Flatbread Sandwich w/Sauce Spinach Salad Applesauce	
13		 Valentine's Day 14		15		16		17	
Honey BBQ Pork Rib on Sub Roll w/Pickles & Onions French Fries Baked Apples		Spaghetti w/Meat Sauce Spinach Salad Roll Pear Cup		Student Planned		Vegetable Soup w/Toasted Ham & Cheese Garden Salad Crackers		 Teacher Workday	
20		21		22		National Chili Day 23		24	
Bacon Cheeseburger w/Lettuce & Tomato Baked Chips Glazed Carrots Mixed Fruit Cup		Country Fried Pork Steak Whipped Potatoes Green Beans Roll		Ham & Cheese on Croissant Green Peas Baked Apples		Chili Beans w/Cheese Baked Tortilla Chips Garden Salad Steamed Corn Cookie		Chicken Patty on Bun w/ Lettuce & Pickle California Blend Peach Cup	
27		28		29		It's National Sweet Potato Month! Sweet potatoes are a superfood because 1 medium sweet potato provides over 300% of the recommended daily intake of vitamin A. Did you know... what are sometimes called yams in the U.S. are actually sweet potatoes. A true yam is an edible starchy tuber that is grown in the Caribbean and tastes nothing like a sweet potato! 			
Hot Dog on Bun w/ Chili & Slaw Baked Beans Potato Wedges		Sweet BBQ Glazed Chicken Nuggets Sweet Potatoes Turnip Greens Roll		Manager's Choice					

Breakfast Menu

Everyday
 Choices include Cereal or Yogurt & Graham Crackers
 Juice and Milk
Other Choices:

Monday
 French Toast Minis or Blueberry Muffin & Graham Crackers

Tuesday
 Breakfast Pizza or Pop Tart & Graham Crackers

Wednesday
 Egg & Cheese Croissant, Breakfast Wrap or Pancakes

Thursday
 Sausage Biscuit or Apple or Cinnamon Roll w/drizzle

Friday
 Chicken Biscuit or Breakfast Bar

A variety of pizza, hot & cold sandwiches, salads, fruits, juice and vegetables are offered daily along with the regular menu in secondary schools.

We offer a variety of Skim and 1% Milk everyday. Served with meals and sold A La Carte. Crackers are offered daily as a bread serving.

 = Whole Grain