

**JOHN MUIR  
FALCONS**



**FEBRUARY**



**BANCROFT  
BRONCOS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Feb 1 Nachos Spicy Cheese & Meat Tostitos Scoops	2 Corn Dog Birthday Treat
5 Teriyaki Chicken Fluffy Brown Rice	6 Hot Dog on Whole Grain Bun Crispy French Fries	7 Pizza Cheese or Pepperoni*	8 Crispy Chicken Dinner Roll	9 Bosco Sticks with Marinara
12 Italian Spaghetti Texas Toast	13 Chicken Fritters Crispy French Fries	14 Pizza Cheese or Pepperoni*	15 Taco Sticks	16 Garlic Cheese Bread
<b>President's Week Holiday</b>				
26 Orange Chicken Fluffy Brown Rice	27 Cheeseburger with all the Fixins Crispy French Fries	28 Pizza Cheese or Pepperoni*	Mar 1 Nachos Spicy Cheese & Meat Tostitos Scoops	2 Corn Dog Side Kicks Juice Cup
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée Choices</b> Special of the Day Chicken Patty on Bun Deli Sandwich Salad of the Day Yogurt Parfait & GC PB & J	<b>Entrée Choices</b> Special of the Day Chicken Patty on Bun Deli Sandwich Salad of the Day Yogurt Parfait & GC PB & J	<b>Entrée Choices</b> Special of the Day Chicken Patty on Bun Deli Sandwich Salad of the Day Yogurt Parfait & GC PB & J	<b>Entrée Choices</b> Special of the Day Chicken Patty on Bun Deli Sandwich Salad of the Day Yogurt Parfait & GC PB & J	<b>Entrée Choices</b> Special of the Day Chicken Patty on Bun Deli Sandwich Salad of the Day Yogurt Parfait & GC PB & J
Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
<b>Starchy Veg</b> Sweet Peas <b>Other Veg</b> Crisp Garden Greens ½ cup <b>Red &amp; Orange Veg</b> Carrot Sticks ¼ cup Ranch Dressing	<b>Beans</b> Kidney or Garbanzo Beans ¼ cup <b>Dark Green Veg</b> Spinach Salad ½ cup <b>Other Veg</b> Cucumbers ¼ cup Ranch Dressing	<b>Other Veg</b> Crisp Garden Greens ½ cup <b>Red &amp; Orange</b> Tomatoes ¼ cup <b>Starchy Veg</b> Corn ¼ cup Ranch Dressing	<b>Beans</b> Kidney or Garbanzo Beans ¼ cup <b>Other Veg</b> Crisp Garden Greens <b>Dark Green Veg</b> Broccoli Florets ¼ cup <b>Red &amp; Orange Veg</b> Baby Carrots ¼ cup Ranch Dressing	<b>Dark Green Veg</b> Spinach Salad ½ c <b>Red &amp; Orange Veg</b> Carrots Sticks ¼ cup <b>Starchy Veg</b> Peas ¼ cup Ranch Dressing

This institution is an equal opportunity provider. Menu subject to change and website updated whenever possible

\*May contain pork



**Available for Breakfast**  
Choice of Hot Breakfast Menu or Yogurt or Cereal  
Fresh Fruit and 100% Fruit Juice  
Choice of low-fat White Milk or nonfat Chocolate Milk  
Chocolate Milk does not contain high fructose corn syrup!

**Available for Lunch**  
Choice of a variety of Entrees  
Garden Bar with local Fresh Fruit and Vegetables  
Choice of low-fat White Milk or nonfat Chocolate Milk  
All milk is hormone free and antibiotic free!  
All for only \$2.75 or NO charge if you are on the Free & Reduced  
Meal Program  
All meals meet the USDA Dietary Requirements

**Ala-carte Choices**  
10 oz. 100% Juice or Snapple & 1.25  
Water \$1.00 RIPS \$1.00 Welch's Fruit Snacks \$1.00  
Assorted Frozen Yogurt \$2.50  
Fresh Baked Cookies \$.75

