

# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Teriyaki Chicken & Rice or Cheesy French Bread*	6 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara*	7 Garlex Pizza  Pepperoni Cheese, Hawaiian or Veggie*	8 Turkey & Gravy Mashed Potatoes or Zesty Chili* SuperStar Corn Muffin	9 Cheeseburger (beef) or Bean & Cheese Chalupa* Cinnamon Churro
12 	13 Mini Chicken Tacos or Baked Potato Bar* Doritos	14 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	15 Hot Dog (turkey) or Macaroni & Cheese*	16 Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich Birthday Frozen Yogurt 
19 	20 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* Honey Grahams	21 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	22 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie	23 Mini Twin Burgers (beef) or Nacho Bites* Cool Tropics Slushie 
26 Teriyaki Chicken & Rice or Cheesy French Bread*	27 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara*	28 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	1 Spaghetti & Meatballs (beef) or Zesty Chili* SuperStar Corn Muffin	2 Cheeseburger (beef) or Bean & Cheese Chalupa* TGIFriday's Crunchy Fries 

## SALAD BAR

Fruit	Fruit	Fruit	Fruit	Fruit
Seasonal Fruit 1/2 cup	Orange Smiles 1/2 cup	Apple Slices 1/2 cup	Fruit Cups 1/2 cup	100% Fruit Juice 4oz
Veggies	Veggies	Veggies	Veggies	Veggies
Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Sweet Corn 1/4 cup	Garden Salad 1/2 cup Celery Sticks 1/4 cup Kidney or Garbanzo 1/4 cup	Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Cucumber Slices 1/4 cup	Garden Salad 1/2 cup Celery Sticks 1/4 cup Kidney or Garbanzo 1/4 cup	Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Green Peas 1/4 cup
Milk	Milk	Milk	Milk	Milk
1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cinnamon Roll*</b> Applesauce or Raisins 100% fruit juice 4oz	<b>Pancakes*</b> Applesauce or Raisins 100% fruit juice 4oz	<b>Crumb Square*</b> Applesauce or Raisins 100% fruit juice 4oz	<b>Chicken &amp; Waffles</b> Applesauce or Raisins 100% fruit juice 4oz	<b>Dutch Waffle*</b> Applesauce or Raisins 100% fruit juice 4oz

**Also Available Daily at Breakfast:**

-Cold Cereal, fruit, and milk

**Also Available Daily at Lunch:**

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola
- Veggie Lunchable or Cheese and Fruit Cup



\* = Vegetarian Options

\*\*\*\*Celebrate February Birthdays on the 16th with a fun treat!!\*\*\*\*

**BREAKFAST \$2.00:** Includes whole grain-rich entree, fruit or 100% fruit juice, and milk

**LUNCH \$3.75:** Includes whole grain-rich entree, salad bar, fruit, and milk  
 A second milk may be purchased for \$0.50 or soy milk for \$1.00  
 Bottled water may be purchased for \$0.50  
 Lactose-Free milk available upon request

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

All meals meet USDA guidelines. Please keep student meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.