

February Menu 2019
Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Egg Rolls Cheese Quesadilla* & Salsa <i>Get Healthy Salad Bar</i>
4 Celebration Nuggets Grilled Cheese Sandwich* Cookie <i>Get Healthy Salad Bar</i>	5 Mini Cheese Burgers Stuffed Cheese Shells* Marinara Sauce with Roll <i>Get Healthy Salad Bar</i>	6 Chicken Sliders Cheesy Wheel* & Marinara <i>Get Healthy Salad Bar</i>	7 Popcorn Chicken & Tots Cheese Quesadilla* & Salsa <i>Get Healthy Salad Bar</i>	8 Chicken Tacos Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>
	12 Chicken Tenders Cheese Tamale* Cookie <i>Get Healthy Salad Bar</i>	13 Turkey Nada Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	14 Beef Taco Stick Mac & Cheese* <i>Get Healthy Salad Bar</i>	15 Meatball Sandwich Bean and Cheese Burrito* <i>Get Healthy Salad Bar</i>
	19 Turkey & Gravy & Mashed Potatoes Grilled Cheese Sandwich* Cookie <i>Get Healthy Salad Bar</i>	20 Chicken Patty & Bun Ravioli & Marinara Sauce* & Roll <i>Get Healthy Salad Bar</i>	21 Mini Corn Dogs Bean and Cheese Burrito* <i>Get Healthy Salad Bar</i>	22 Orange Chicken & Rice Stuffed Cheese Shells* Marinara Sauce & Cookie <i>Get Healthy Salad Bar</i>
25 Beef Taco Stick & Salsa Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	26 Turkey Nada & Salsa Cheese Enchilada* & Salsa <i>Get Healthy Salad Bar</i>	27 Mini Cheeseburgers Cheese Bread Sticks* & Marinara <i>Get Healthy Salad Bar</i>	28 Chicken Taco & Salsa Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	29 Chicken Egg Rolls Cheese Quesadilla* & Salsa <i>Get Healthy Salad Bar</i>

Ala-carte items for sale: Water \$0.50 & \$1.50

Enjoy a Healthy Salad Bar

At least one item from each USDA Vegetable Subgroups will be available to students everyday!

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.
 Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.
 Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.
 Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.
 Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry

Fuel up to Learn Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffins & Cheese Stick* Fruit and Juice Cold Cereal & Milk	Pancakes Fruit and Juice Cold Cereal & Milk	Crumb cake Fruit and Juice Cold Cereal & Milk	Breakfast Burrito Fruit and Juice Cold Cereal & Milk	Dutch Waffle* Fruit and Juice Cold Cereal & Milk

***Other Vegetarian Options Available Daily at Lunch:**

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



BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% 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 (small) & \$1.50 (large)

Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

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