

Monday
Tuesday
Wednesday
Thursday
Friday

PRICES
 Breakfast - \$FREE
 Paid Lunch Meal \$2.70
 Reduced and Free Lunch - FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00

Baked Potato Bar **1**
 Bacon, Cheese, Broccoli
 Apple Muffin
 Roasted Green Bean
 Fresh Fruit and Veggie Bar
 Milk

Meatball Subs on WW Roll **4**
 With Mozzarella
 Or Black Bean Burger on WW Roll
 Caesar Salad with Romaine
 Fresh Fruit and Veggie Bar
 Milk

EARLY RELEASE DAY **5**
 Ham and Cheese Sandwich
 Or
 Veggie and Cheese Sandwich
 Veggie Sticks with Dip
 Sunchips
 Milk

PIZZA **6**
 Cheese, Pepperoni
 Veggie
 Steamed Broccoli
FEBRUARY B-DAY TREAT
 Fresh Fruit and Veggie Bar
 Milk

Roast Pork with Apples **7**
 Butternut Squash
 With Cinnamon and Brown Sugar
 Buttery Corn
 Vegetarian Baked Beans
 WW Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

Ravioli Marinara Sauce **8**
 Garlic Knot
 Broccoli and Cauliflower
 Fresh Fruit and Veggie Bar
 Milk

Deli Sandwich **11**
 Turkey, Ham or
 Egg Salad Sandwich on
 WW Bun with Shredded Lettuce
 Broccoli Cheddar Soup
 Veggie Sticks with Dip
 Fresh Fruit and Veggie
 Milk

Chicken Fajita Or Mexican Beans on WW Tortilla **12**
 Peppers and Onions
 Corn
 Rice
 Fresh Fruit and Veggie Bar
 Milk

Misty Knoll Chicken Drumstick **13**
 Sweet Potato Bread
 Broccoli
 Roasted Chickpeas
 Fresh Fruit and Veggie Bar
 Milk

"Heart-y" Grilled Cheese or Grilled Ham & Cheese Tomato Tortellini Soup **14**
 Heart Beet Salad
 Strawberry Shortcake
 Fresh Fruit and Veggie Bar
 Milk
VALENTINE'S DAY

Golden Crispy Fish Sticks With Tartar Sauce **15**
 Roasted Potato Wedges
 And Parsnip Chips
 Kale Salad
 Homemade Blueberry Muffin
 Fresh Fruit and Veggie Bar
 Milk

18
19
20
21
22

Macaroni and Cheese **25**
 Carrot Souffle
 Peas
 Fresh Fruit and Veggie Bar
 Milk

Tasty Tacos **26**
 Chicken or Bean
 With Cheese in a crunchy shell
 Lettuce, Salsa, Sour Cream
 Corn
 Rice
 Fresh Fruit and Veggie Bar
 Milk

Chicken and Biscuits With seasonal vegetables **27**
 Buttery Green Beans
 Fresh Fruit and Veggie Bar
 Milk

Spaghetti with Meat Sauce or Marinara **28**
 Broccoli
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

Alternative Meal

A daily alternative to the main entrée
 M,W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt
 T, Th – Sunbutter & Jelly Sandwich

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

