



Brunswick County Elementary School Menu

February 2018

Meal Prices:

Breakfast Free to all!

Lunch:



Reduced: .40¢

Paid: K-5: \$2.15

6-8 :\$2.30

9-12: \$2.45



Monday, February	Tuesday, February	Wednesday, February	Thursday, February 1	Friday, February 2
	<p>February is the month to show someone you care. Join your loved one for lunch and enjoy a healthy meal together!</p>		<p>Sausage Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Simply Southern Carolina BBQ Oven Fried Chicken Dinner Roll Candied Yams Mac & Cheese Collards Fruit Explosion</p>	<p>Breakfast Pizza, Cereal Bars, Assorted Juice</p> <p>Fish Nuggets Chicken Wings Dinner Rolls Spicy Fries Green Beans Baby Carrots Apple Sauce</p>
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
<p>Super Donut, Cereal, Assorted Juice</p> <p>Peperoni Pizza Sloppy Joe Peas and Carrots Corn Mixed Fruit</p>	<p>Ham Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Nacho Frito Cheese Quesadilla Spanish rice Black Beans Green Beans Taco Toppings Peach Cups</p>	<p>French Toast Stick, Cereal, Assorted Juice</p> <p>Corn Dogs Ham & Cheese on Croissant Sweet Potato Fries Garden Salad Pears</p>	<p>Sausage Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Popcorn Chicken Spaghetti Dinner Roll Spinach JJ Orange Medley Fruit Explosion</p>	<p>Banana Muffin, Cereal Bars, Assorted Juice</p> <p>Tailgate Treat Cheese Burgers Hot Dogs Oven Fried Potatoes Baked Beans Cole Slaw Pineapple</p>
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
<p>Mini Pancake, Cereal , Assorted Juice</p> <p>Grilled Cheese Turkey Pot Roast w/Brown Rice Sweet Potato Fries Mixed Vegetables Apple Sauce</p>	<p>Chicken Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Taco Tuesday Beef or Chicken Tacos Pintos Corn Taco Toppings Pineapple</p>	<p><u>Happy Valentine's Day!</u> Blueberry Muffin, Cereal, Assorted Juice</p> <p>Cheese Pizza Chicken Tenders Garden Salad Carrot Coins Marinara Dipping Sauce Peaches</p>	<p>Sausage Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Orange Chicken w/Rice Cheeseburger Peas & Carrots Green Beans Fruit Explosion</p>	<p>Breakfast Pizza, Cereal Bars, Assorted Juice</p> <p>Corn Dog Chicken Nuggets Potato Roasters Collards Pears</p>

Available Lunch Daily:
PB&J Munchie Pak

Available with Every Meal:
Fresh Fruit and Milk Variety

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Healthy Snack!

1 cup vanilla soy milk

1/2 cup strawberry soy yogurt

1 small ripe banana

1/2 cup ice cubes

1 1/4 cups mixed frozen berries (raspberries, strawberries, blueberries)

3-4 fresh strawberries

2 Tbsp agave or maple syrup

Blend and Enjoy!



Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23																										
<p>No School Teacher Workday!</p>	<p>Chicken Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Beef or Cheese Nachos Mexican Corn Spicy Pintos Taco Topping Mixed Fruit</p>	<p>Pancake Stick, Cereal, Assorted Juice</p> <p>Pepperoni Pizza Chicken Patty Sandwich Garden Salad Peas & Carrots Marinara Dipping Sauce Peaches</p>	<p>Sausage Biscuit, Yogurt ,Graham Crackers Assorted Juice</p> <p>Simply Southern Carolina BBQ Oven Fried Chicken Dinner Roll Candied Yams Mac & Cheese Collards Fruit Explosion</p>	<p>Breakfast Pizza, Cereal Bars, Assorted Juice</p> <p>Fish Nuggets Chicken Wings Dinner Rolls Spicy Fries Green Beans Baby Carrots Apple Sauce</p>																										
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Heart Healthy Foods	Love Yourself Eat Healthy!																										
<p>Super Donut, Cereal, Assorted Juice</p> <p>Peperoni Pizza Sloppy Joe Peas and Carrots Corn Mixed Fruit</p>	<p>Ham Biscuit, Yogurt , Graham Crackers Assorted Juice</p> <p>Nacho Frito Cheese Quesadilla Spanish rice Black Beans Green Beans Taco Toppings Peaches</p>	<p>French Toast Stick, Cereal, Assorted Juice</p> <p>Corn Dogs Ham & Cheese on Croissant Sweet Potato Fries Garden Salad Pears</p>	<p>Heart Healthy Foods</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Oatmeal</td> <td style="width: 50%;">Red Bell Peppers</td> </tr> <tr> <td>Brown or Wild Rice</td> <td>Black Beans</td> </tr> <tr> <td>Salmon</td> <td>Kidney Beans</td> </tr> <tr> <td>Sardines</td> <td>Spinach</td> </tr> <tr> <td>Tuna</td> <td>Green Tea</td> </tr> <tr> <td>Walnuts</td> <td>Red Wine</td> </tr> <tr> <td>Almonds</td> <td>Cantaloupe</td> </tr> <tr> <td>Flax Seeds</td> <td>Papaya</td> </tr> <tr> <td>Berries</td> <td>Acron Squash</td> </tr> <tr> <td>Olive Oil</td> <td>Tomatoes</td> </tr> <tr> <td>Broccoli</td> <td>Oranges</td> </tr> <tr> <td>Carrots</td> <td>Asparagus</td> </tr> <tr> <td>Sweet Potatoes</td> <td>Avocados</td> </tr> </table> <p><small>strengthandsunshine.wordpress.com</small></p>	Oatmeal	Red Bell Peppers	Brown or Wild Rice	Black Beans	Salmon	Kidney Beans	Sardines	Spinach	Tuna	Green Tea	Walnuts	Red Wine	Almonds	Cantaloupe	Flax Seeds	Papaya	Berries	Acron Squash	Olive Oil	Tomatoes	Broccoli	Oranges	Carrots	Asparagus	Sweet Potatoes	Avocados	<p>Love Yourself Eat Healthy!</p>
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