



FEBRUARY

BREAKFAST

2020

Breakfast:
choice of
1% or fat-
free milk;
fruit
available
daily

All grains
offered
are whole
grains
rich

*This
institution is
an equal
opportunity
provider*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Turkey Sausage on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>Whole Grain Pancakes w/ Maple Syrup Fresh Fruit Skim or 1% Milk</p>	<p>7</p> <p>Breakfast Taco with Scrambled Eggs, WG Tortilla and Salsa Fresh Fruit Skim or 1% Milk</p>
<p>10</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Whole Grain French Toast Sticks w/ Maple Syrup Fresh Fruit Skim or 1% Milk</p>	 <p>Happy Valentine's Day</p>
 <p>Presidents' Day</p>	<p>18</p> <p>Turkey Sausage on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Whole Grain Pancakes w/ Maple Syrup Fresh Fruit Skim or 1% Milk</p>	<p>21</p> <p>Breakfast Taco with Scrambled Eggs, WG Tortilla and Salsa Fresh Fruit Skim or 1% Milk</p>
<p>24</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>25</p> <p>Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>27</p> <p>Whole Grain French Toast Sticks w/ Maple Syrup Fresh Fruit Skim or 1% Milk</p>	<p>28</p> <p>Breakfast Taco with Scrambled Eggs, WG Tortilla and Salsa Fresh Fruit Skim or 1% Milk</p>



FEBRUARY

LUNCH

2020

Lunch:
choice of
1% or
skim
milk;
fruit
available
daily

All grains
offered
are whole
grains
rich

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Tenders with BBQ Sauce Roasted Potatoes</p> <p>Fresh Fruit Skim or 1%</p>	<p>4</p> <p>Ground Beef Tacos with Whole Grain Tortilla, Pinto Beans and Fresh Salsa</p> <p>Fresh Fruit Skim or 1%</p>	<p>5</p> <p>Baked Ziti with Whole Grain Pasta Roasted Butternut Squash</p> <p>Fresh Fruit Skim or 1%</p>	<p>6</p> <p>Teriyaki Chicken with Brown Rice Pilaf Bok Choy</p> <p>Fresh Fruit Skim or 1%</p>	<p>7</p> <p>Beef Hotdog with Whole Grain Bun and Celery Salad</p> <p>Fresh Fruit Skim or 1%</p>
<p>10</p> <p>Beef and Bean Chili with Sweet Potato and WG Biscuit</p> <p>Fresh Fruit Skim or 1%</p>	<p>11</p> <p>Chicken Parm with WG Pasta, Mozzarella and Green Beans</p> <p>Fresh Fruit Skim or 1%</p>	<p>12</p> <p>Cheese and Chicken Quesadilla with Pinto Beans and Corn</p> <p>Fresh Fruit Skim or 1%</p>	<p>13</p> <p>Whole Grain Pizza with Baby Carrots</p> <p>Fresh Fruit Skim or 1%</p>	<p>HAPPY VALENTINE'S DAY</p>
 <p>Designed by Pngtree</p>	<p>18</p> <p>Chicken Tenders with BBQ Beans Baby Carrots</p> <p>Fresh Fruit Skim or 1%</p>	<p>19</p> <p>Mac and Cheese with Ground Beef Broccoli</p> <p>Fresh Fruit Skim or 1%</p>	<p>20</p> <p>Beef Hotdog with Whole Grain Bun Potato Wedges</p> <p>Fresh Fruit Skim or 1%</p>	<p>21</p> <p>Sliced Turkey Sandwich with Cheddar on Whole Grain Wrap with Lettuce Celery Sticks</p> <p>Fresh Fruit Skim or 1%</p>
<p>24</p> <p>Happy Valley Meatballs on Whole Grain Garlic Flat Bread with Corn and Pepper Salad</p> <p>Fresh Fruit Skim or 1%</p>	<p>25</p> <p>Pulled Chicken Tacos With South Western Pozole Salad</p> <p>Fresh Fruit Skim or 1%</p>	<p>26</p> <p>Whole Grain Pizza with Baby Carrots</p> <p>Fresh Fruit Skim or 1%</p>	<p>27</p> <p>Arroz con Pollo with Brown Rice and Black-Eyed Peas</p> <p>Fresh Fruit Skim or 1%</p>	<p>28</p> <p>Grilled Cheeseburger with Iceberg Lettuce, Cabbage and Carrot Slaw</p> <p>Fresh Fruit Skim or 1%</p>