



FEBRUARY | 2019

Elementary Lunch

Lunch Prices:
 Regular- \$ 2.85
 Reduced- \$0.40
 Adult- \$3.50
 Milk (a la carte)- \$0.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|---|---|---|--|
| <p>28</p> <p>^V = Vegetarian Item ^P = Contains Pork</p> | <p>29</p> <p>Grilled Cheese Toasty^V Tomato Soup Assorted Fruit Fresh Veggies Milk</p> | <p>30</p> <p>E-Learning Day</p> | <p>31</p> <p>Chicken & Waffles^V w/ Blueberry Syrup Sweet Potato Puffs Assorted Fruit Fresh Veggies Milk</p> | <p>1</p> <p>Stuffed Crust Pepperoni Pizza^P Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Milk</p> |
| <p>4</p> <p>Chicken Nuggets w/ Cheesy Pretzel Stick^V Baked Beans^P Assorted Fruit Fresh Veggies Milk</p> | <p>5</p> <p>French Toast Sticks^V w/ Sausage Patty & Syrup Hash Brown Stars Assorted Fruit Fresh Veggies Milk</p> | <p>6</p> <p>Spaghetti w/ Meatballs Garlic Toast Green Beans Assorted Fruit Fresh Veggies Milk</p> | <p>7</p> <p>Soft Beef Tacos w/ Lettuce & Cheese Sweet Corn Assorted Fruit Fresh Veggies Milk</p> | <p>8</p> <p>Cheese Pizza Crunchers^V Steamed Crinkle Carrots Assorted Fruit Fresh Veggies Milk</p> |
| <p>11</p> <p>Popcorn Chicken w/ Dinner Roll Mashed Potatoes Assorted Fruit Fresh Veggies Milk</p> | <p>12</p> <p>Chicken Quesadilla Salsa Dipping Cup Sweet Corn Assorted Fruit Fresh Veggies Milk</p> | <p>13</p> <p>Home-style Macaroni & Cheese^V Steamed Broccoli Assorted Fruit Fresh Veggies Milk</p> | <p>14</p> <p>Charmed Chili Cheese Nachos w/ Chips Beloved Black Beans Lovely Fruit Valentine Veggies Moonstruck Milk Cherry Heart Slushie</p> | <p>15</p> <p>Mozzarella Cheese Sticks^V Marinara Dipping Cup Steamed Mixed Veggies Assorted Fruit Fresh Veggies Milk</p> |
| <p>18</p> <p>President's Day No School</p> | <p>19</p> <p>Grilled Cheese Toasty^V Tomato Soup Assorted Fruit Fresh Veggies Milk</p> | <p>20</p> <p>Sloppy Joes on Bun Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk</p> | <p>21</p> <p>Chicken & Waffles^V w/ Blueberry Syrup Sweet Potato Puffs Assorted Fruit Fresh Veggies Milk</p> | <p>22</p> <p>Stuffed Crust Pepperoni Pizza^P Side Garden Salad w/ Dressing Assorted Fruit Fresh Veggies Milk</p> |
| <p>25</p> <p>Chicken Nuggets w/ Cheesy Pretzel Stick^V Baked Beans^P Assorted Fruit Fresh Veggies Milk</p> | <p>26</p> <p>French Toast Sticks^V w/ Sausage Patty & Syrup Hash Brown Stars Assorted Fruit Fresh Veggies Milk</p> | <p>27</p> <p>Spaghetti w/ Meatballs Garlic Toast Green Beans Assorted Fruit Fresh Veggies Milk</p> | <p>28</p> <p>Soft Beef Tacos w/ Lettuce & Cheese Sweet Corn Assorted Fruit Fresh Veggies Milk</p> | <p>1</p> <p>Cheese Pizza Crunchers^V Steamed Crinkle Carrots Assorted Fruit Fresh Veggies Milk</p> |

Build a Meal
 Choose 3-5 meal components to build a healthy, balanced meal:

1. Protein
2. Whole Grain
3. Vegetable
4. Fruit
5. Low-fat Milk

-One component *must* be at least a ½ c fruit and/or vegetable to make a meal.
 -Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.
 -All entrees include: Protein + Grain
 -May choose only Milk + Veggie + Fruit

Daily Alternative Choices
 All alternative entrees come with choice of milk, fruit, and/or vegetable.

Chef Salad (Everyday)
 Leafy green lettuce topped with grape tomatoes, shredded cheddar cheese, and choice of eggs^V, ham, or turkey. Choice of 1-2 grain sides.

Grab & Go
 M/W/F:
 • Peanut-free Wowbutter & Jelly sandwich^V (w/ 1-2 protein/grain sides)
 • Low-fat yogurt^V and/or reduced-fat string cheese^V (w/ 1-2 grain sides)

T/TH:
 • **NEW! Anytimers Lunch Kits** (Compare to Lunchables): Pizza or Turkey & Cheese Crackers

FREE water available for every student