



FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Pizza, Caesar Salad, Yogurt Parfait	2) Chicken Fettuccine & Broccoli Fruit	3) K-6 Hot Dogs 7-12 Brats, Frozen Peaches & Green Beans
6) David & Bing! Sweet & Sour Chicken, Orange Salad & Cookie	7) *Spaghetti Taco Baked Squash or Corn & Fruit	8) Pizza, Spinach Salad & Fruit Medley	9) No Lunch! Noon Dismissal	10) Pulled *Pork Sandwiches, Coleslaw & Baked Beans, Fruit
13) Macaroni & Cheese, Peas & Fruit	14) Valentines Day! Anne Garfield's *Meat Loaf, Mashed Potatoes & Kale & Dessert!	15) Pizza, Garden Salad & Fruit	16) Chicken Chili Cornbread Fruit	17) K-6 Cheese Zombies 7-12 Philly Cheese Sandwiches Broccoli Salad
MID WINTER BREAK!				
27) Terriyaki Dippers, Rice & Stir Fry & Fruit	28) Chicken Cacciatore, Zucchini & Fruit	29) Pizza Bean Salad Fruit	VEGETABLE OF THE MONTH IS KALE: HIGH IN BETA CAROTENE, VIT K, VIT C, LUTEIN & CALCIUM. IT ALSO CONTAINS A CHEMICAL (SULFORAPHANE) WITH POTENT ANTI-CANCER PROPERTIES	

DAILY OPTION: YOGURT COMBO: YOGURT & STRING CHEESE AND CRACKER OR GRAIN

FRUITS AND VEGETABLE WILL BE OFFERED WITH EVERY MEAL

*** LOCAL BEEF & PORK WILL BE USED WHEN AVAILABLE ***

LOCAL VEGETABLES ARE USED WHEN AVAILABLE

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwiches	Bagel & Cream Cheese	Turnover, Muffin or Breakfast Burrito	Pancakes or French Toast & Egg	Breakfast Sandwiches

100% FRUIT JUICE WILL BE SERVED DAILY WITH BREAKFAST CEREAL & YOGURT OR STRING CHEESE WILL BE A DAILY OPTION

1% WHITE MILK OR FAT FREE CHOCOLATE MILK IS SERVED WITH BREAKFAST & LUNCH

