



FEBRUARY | 2020

Breakfast Grades 7-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Dutch Waffle Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

4
Breakfast Cluster Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

5
Sausage Biscuit Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

6
Cinnamon Roll Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

7
Donut Holes Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

10
Chicken Biscuit Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

11
Breakfast Pizza Or
Cereal/Cereal Bar
Fruit Juice
1% or FF Milk

12
Sausage Biscuit Or
Cereal/Cereal
Fruit
Fruit Juice
1% or FF Milk

13
Dutch Waffle Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

14
Biscuit & Gravy Or
Cereal/Cereal
Fruit
Fruit Juice
1% or FF Milk

17
Bacon, Egg &
Cheese Biscuit Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

18
Breakfast Pizza Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

19
Chicken Biscuit Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

20
French Toast Sticks Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

21
Cinnamon Roll Or
Cereal/Cereal Bar
Fruit Juice
1% or FF Milk

24
Dutch Waffle Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

25
Breakfast Cluster Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

26
Sausage Biscuit Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

27
Cinnamon Roll Or
Cereal/Cereal Bar
Fruit
Fruit Juice
1% or FF Milk

28
Donut Holes Or
Cereal/Cereal Bar
Cereal
Fruit
Fruit Juice
1% or FF Milk

News

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FEBRUARY | 2020

Lunch Grades 9-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Grilled Cheese Sandwich
Or
PB&J Sandwich
Vegetable Soup
French Fries
Steamed Broccoli
Fresh and Canned Fruit
1% or FF Milk

4
Taco/WW Tortilla Shell
Shredded Cheese Or
Spicy Chicken Patty/
WW Bun
Lettuce/Tomato/Onion
Seasoned Corn
Fiesta Black Beans
Fresh and Canned Fruit
1% or FF Milk

5
Chicken Tenders Or
Cheese Filled Bread Sticks/
Marinara Sauce
Mashed Potatoes
Seasoned Peas
Fresh and Canned Fruit
1% or FF Milk
Fresh Baked Cookie

6
"Breakfast For lunch"
Biscuit & Gravy
Scrambled Eggs
Breakfast Chicken Patty
Seasoned Diced Potatoes
Baked Apples
Fresh or Canned Fruit
1% or FF Milk

7
Pepperoni Pizza
Or
Cheese Pizza
Green Beans
Glazed Carrots
Fresh and Canned Fruit
1% or FF Milk

10
General Tso's Chicken/
Egg Roll Or
Cheese Filled Bread Sticks
Marinara Sauce
California Blend Vegetables
Tiny Whole Potatoes
Fresh and Canned Fruit
1% or FF Milk

11
Hamburger Or
Bacon, Cheese Burger
WW Hamburger Bun
Lettuce/Tomato/Onion/Pickle
French Fries
Baked Beans
Fresh and Canned Fruit
1% or FF Milk

12
Popcorn Chicken/WW Roll
Or
Pork Rib Patty/
WW Hoagie Bun
Mashed Potatoes
Green Beans
Fresh and Canned Fruit
1% or FF Milk

13
Chili, Chips & Cheese
Or
PB&J Sandwich
Quick Baked Potato
Steamed Broccoli
Fresh and Canned Fruit
1% or FF Milk

14
Chicken Patty Or
Hamburger
WW Hamburger Bun
Lettuce/Tomato/Onion/Pickle
Waffle Fries
Mixed Vegetables
Fresh and Canned Fruit
1% or FF Milk

17
Spaghetti with Meat Sauce
Or
Popcorn Chicken
Garlic Bread
Green Beans
Seasoned Corn
Fresh and Canned Fruit
1% or FF Milk

18
Pork BBQ / WW Bun Or
Breaded Mozzarella Sticks/
Marinara Sauce
Coleslaw
Baked Beans
Potato Smiles
Fresh and Canned Fruit
1% or FF Milk

19
Hamburger / WW Bun
Or
Hot Dog/Chili/ WW Bun
Lettuce/Tomato/Onion/Pickle
Waffle Fries
Mixed Vegetables
Fresh and Canned Fruit
1% or FF Milk

20
Tangerine Chicken
Or
Beef Teriyaki nuggets
WW Roll
Macaroni & Cheese
Steamed Broccoli
Fresh and Canned Fruit
1% or FF Milk

21
Pepperoni Pizza
Or
Cheese Pizza
Green Beans
Glazed Carrots
Fresh and Canned Fruit
1% or FF Milk

24
Grilled Cheese Sandwich
Or
PB&J Sandwich
Vegetable Soup
French Fries
Steamed Broccoli
Fresh and Canned Fruit
1% or FF Milk

25
Taco/WW Tortilla Shell
Shredded Cheese
Or
Spicy Chicken Patty / WW Bun
Lettuce/Tomato/Onion
Seasoned Corn
Fiesta Black Beans
Fresh and Canned Fruit
1% or FF Milk

26
Chicken Tenders Or
Cheese Filled Bread Sticks
Marinara Sauce
Mashed Potatoes
Seasoned Peas
Fresh and Canned Fruit
1% or FF Milk
Fresh Baked Cookie

27
Breakfast For lunch"
Biscuit & Gravy
Scrambled Eggs
Chicken Patty
Seasoned Diced Potatoes
Baked Apples
Fresh or Canned Fruit
1% or FF Milk

28
Pepperoni Pizza
Or
Cheese Pizza
Green Beans
Glazed Carrots
Fresh and Canned Fruit
1% or FF Milk

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