



## NUTRITION BREAK - February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
<p><b>Note-</b> All Students are REQUIRED to take a minimum of ½ cup fruit.</p>			<p><b>Elem</b> - Pop-tart, Cheez-its, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Cereal Kit, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>Elem</b> -Despicable Me Grahams, Goldfish, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Double Chocolate Betty Crocker Bar, Fruit Choice, juice, milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Dunkin Stick OR Pizza Bagel, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Cinnamon Toast Crisps, Goldfish, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Banana Bread, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>Elem</b> - Cereal Bar, Cheez-its, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Cinnamon Bun, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Strawberry Oatmeal Bar, Heart Pretzels, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Powdered Donuts, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Breakfast Bar OR Pancake on a Stick, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22 - No School</b>	<b>23 - No School</b>
<p><b>Elem</b> - Chocolate Donuts, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Chocolate Chip Betty Crocker Bar OR Pillsbury Frudel, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Cinnamon Toast Crisps, Goldfish, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>		
<b>26</b>	<b>27</b>	<b>28</b>	<b>March 1</b>	<b>March 2</b>
<p><b>Elem</b> - Apple Cinnamon Breakfast Bar, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Gripz, Goldfish, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Banana Bread OR Breakfast Pizza, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Dunkin Stick, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p><b>Elem</b> - Cat in the Hat Muffin, Red Fish, Blue Goldfish, Fruit Choice, Juice, Milk</p> <p><b>MS/HS</b> - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>

## ELEMENTARY LUNCH - February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<ul style="list-style-type: none"> <li>• Choose at least 3 of the 5 Groups</li> <li>• One must be a full serving of fruit or veggie!</li> <li>• Or for a complete meal choose all 5!</li> </ul> <b>GROUPS:</b> Fruit, Veggies, Protein, Grain, Milk			<u><b>Red Choice</b></u> Hot Dog on a Bun <u><b>Blue Choice</b></u> Orange Chicken over Noodles Fruit Choice, Broccoli, Stir-Fry Veggies, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Cheese or Chicken Quesadilla <u><b>Blue Choice</b></u> Chicken Wrap Fruit Choice, Carrots, Fresh Veggies, Milk
5	6	7	8	9
<u><b>Red Choice</b></u> Cheese Dippers <u><b>Blue Choice</b></u> Cheese Flatbread Fruit choice, Carrots, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Personal Pizza <u><b>Blue Choice</b></u> Tator Tot Hot Dish with Dinner roll Fruit Choice, Green beans, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Pepperoni Hot Pocket <u><b>Blue Choice</b></u> Teriyaki Chicken Bites over Noodles Fruit Choice, Broccoli, Cake, Fresh Veggies, Milk	<u><b>Red Choice</b></u> French Toast Sticks, Omelet, Sausage <u><b>Blue Choice</b></u> Breakfast Pizza Smiley Faced Potatoes, Spiced Apples, Orange Juice, Fresh Fruit, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Mini Corn Dogs <u><b>Blue Choice</b></u> Cheeseburger Peas, Black Beans, Fruit Choice, Fresh Veggies, Milk
12	13	14 - Valentine's Day	15	16 - Soup!
<u><b>Red Choice</b></u> Spaghetti with Meat Sauce <u><b>Blue Choice</b></u> American Sub Fruit choice, Corn, Fresh Veggies, Milk	<u><b>Red Choice</b></u> BBQ Chicken Triangles <u><b>Blue Choice</b></u> Sloppy Joe on a Bun Fruit choice, Coleslaw, Broccoli, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Be Mine Chicken Nuggets <u><b>Blue Choice</b></u> Cupid's Grilled Cheese Strawberries, Popcorn, Cake, Jell-O Cup, Green Beans, Fresh Veggies, Milk	<u><b>Red Choice</b></u> French Bread Pizza <u><b>Blue Choice</b></u> BBQ Chicken Sandwich Fruit Choice, Peas, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Bosco Sticks <u><b>Blue Choice</b></u> Hot Ham and Cheese Sandwich Chicken Noodle Soup, Fruit Choice, Carrots, Fresh Veggies, Milk
19	20	21	22 - No School	23 - No School
<u><b>Red Choice</b></u> Fruit/Yogurt/Granola, String Cheese, Crackers <u><b>Blue Choice</b></u> Chicken Drumstick Fruit Choice, Peas, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Nacho Supreme with Rice <u><b>Blue Choice</b></u> Italian Sub Fruit Choice, Refried Beans, Corn, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Chicken Nuggets <u><b>Blue Choice</b></u> Salisbury Steak, Dinner Roll Fruit Choice, Mashed Potatoes, Carrots, Fresh Veggies, Milk		
26	27	28	March 1	2 - Dr. Seuss Day!
<u><b>Red Choice</b></u> Pizza Slice <u><b>Blue Choice</b></u> Uncrustable Fruit Choice, Corn, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Lasagna with Garlic Bread <u><b>Blue Choice</b></u> Mozzarella Sticks Fruit Choice, Rice Krispie Treat, Fresh Fruit, Carrots, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Chicken Patty on a Bun <u><b>Blue Choice</b></u> Macaroni and Cheese with Dinner Roll Fruit Choice, Green Beans, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Chicken Tenders <u><b>Blue Choice</b></u> BBQ Rib Sandwich Fruit Choice, Peas, Fresh Veggies, Milk	<u><b>Red Choice</b></u> Wocket in my Pizza Pocket <u><b>Blue Choice</b></u> Hot Roast Beast Sandwich Truffula Tree Fruits, Oodles of Noodles Pasta Salad, Grinch's Broccoli, Three Cheese Trees, Red Fish Blue Fish Jell-O Cup, Sneetches Fresh Veggies, Mr. Brown Can Moo Milk

## MIDDLE/HIGH SCHOOL LUNCH - February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Choose at least 3 of the 5 Groups</li> <li>• One must be a full serving of fruit or veggie!</li> <li>• Or for a complete meal choose all 5!</li> </ul> <p><b>GROUPS:</b> Fruit, Veggies, Protein, Grain, Milk</p>			<b>1</b>	<b>2</b>
			<p><b>Choose one entree:</b> Hot Dog on a Bun OR Orange Chicken over Noodles</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Broccoli, Stir-Fry Veggies, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Cheese/Chicken Quesadilla OR Chicken Wrap with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Carrots, Fresh Veggies, Milk</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>Choose one entree:</b> Cheese Dippers OR Cheese Flatbread</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Carrots, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Personal Pizza OR Tator Hot Dish with Dinner roll</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Pepperoni Hot Pocket OR Teriyaki Chicken Bites over Noodles</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Broccoli, Cake, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> French Toast Sticks with Omelet and Sausage OR Breakfast Pizza</p> <p><b>Fruit &amp; Veggie Bar-</b> Seasoned Potatoes, Spiced Apples, Orange Juice, Fresh Fruit, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Mini Corn Dogs OR Cheeseburger</p> <p><b>Fruit &amp; Veggie Bar-</b> Peas, Black Beans, Fruit Choice, Fresh Veggies, Milk</p>
<b>12</b>	<b>13</b>	<b>14 - Valentine's Day</b>	<b>15</b>	<b>16 - Soup!</b>
<p><b>Choose one entree:</b> Spaghetti with Meat Sauce and Breadstick OR American Sub with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Corn, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> BBQ Chicken Triangles OR Sloppy Joe on a Bun with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Coleslaw, Broccoli, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Be mine Chicken Nuggets OR Cupid's Grilled Cheese Sandwich</p> <p><b>Fruit &amp; Veggie Bar-</b> Strawberries, Popcorn, Jell-O Cup, Cake, Green Beans, Fresh Fruit, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> French Bread Pizza OR BBQ Chicken Sandwich with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Bosco Sticks OR Hot Ham and Cheese</p> <p><b>Soup Choice:</b> Chicken Noodle, Cheesy Potato, Chili</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Carrots, Fresh Veggies, Milk</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22 - No School</b>	<b>23 - No School</b>
<p><b>Choose one entree:</b> Pizza Slice OR Chicken Drumstick with Mashed Potatoes and Dinner Roll</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Nacho Supreme with Rice OR Italian Sub with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Refried Beans, Corn, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Chicken Nuggets OR Salisbury Steak with Dinner Roll</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Mashed Potatoes, Corn, Fresh Veggies, Milk</p>		
<b>26</b>	<b>27</b>	<b>28</b>	<b>Mar.1</b>	<b>Mar. 2</b>
<p><b>Choose one entree:</b> Pizza Slice OR Uncrustable with String Cheese and Crackers</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Corn, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Lasagna with Garlic Bread OR Pretzel Sticks with Cheese Dipping Sauce</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Chicken Patty on a Bun (Regular or Hot &amp; Spicy) with Baked Chips OR Macaroni and Cheese with Dinner Roll</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Chicken Tenders OR BBQ Rib Sandwich with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p><b>Choose one entree:</b> Pizza Rolls OR Hot Roast Beef Sandwich with Baked Chips</p> <p><b>Fruit &amp; Veggie Bar-</b> Fruit Choice, Broccoli, Pasta Salad, Dessert Choice, Fresh Veggies, Milk</p>