

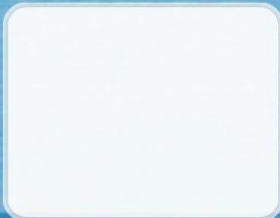
# Health-e LIVING



# Calallen ISD

# February 2018

## MONDAY



French Toast Sticks **05**  
 Popcorn Chicken  
 Steak Burger  
 Mashed potatoes/Gravy  
 Baked Beans  
 Whole Grain Roll  
 Rosey Applesauce

Sausage Biscuit **12**  
 Chicken Nuggets  
 Steak Fingers  
 Mashed Potatoes/Gravy  
 Peas & Carrots  
 Whole Grain Roll  
 Chilled Pears

Pancake w/Sausage Link **19**  
 Popcorn Chicken  
 Steak Fingers  
 Mashed Potatoes/Gravy  
 Corn on Cob  
 Whole Grain Biscuit  
 Chilled Fruit Cocktail

Mini Pancakes **26**  
 Chicken Tenders  
 Corn Dog  
 Scalloped Potatoes  
 Green Beans  
 Whole Grain Biscuit  
 Rosey Pears

## TUESDAY



Breakfast Pizza **06**  
 Sub Sandwich/Baked Chips  
 Frito Pie  
 Sweet Tater Tots  
 Fresh Veggies / Dip  
 Chilled Pears

Donut Holes **13**  
 Tangerine Chicken/Asian Rice  
 Sausage Wrap  
 Steamed Broccoli  
 Mixed Vegetables  
 Egg Roll/Fortune Cookie  
 Mandarin Orange Jello

Cinnamon Oatmeal/Toast **20**  
 Mini Corn Dogs  
 Pulled Pork Baked Potato  
 Broccoli & Cheese  
 Country Veggie Trio  
 Whole Grain Roll  
 Banana Pudding

Pig-in-a-Blanket **27**  
 Macaroni w/ Meat Sauce  
 Pepperoni Hot Pocket  
 Tossed Salad / Dressing  
 Steamed Spinach  
 Cheesy Garlic Bread Stick  
 Chilled Fruit Cocktail

## WEDNESDAY



Cheesy Eggs/Hash Brown/Toast **07**  
 Pepperoni Pizza  
 Hot Dog  
 Seasoned Corn  
 Broccoli & Cheese  
 Strawberry Cup

Pancake Sausage Bites **14**  
 Cheese Pizza  
 Chicken Quesadilla  
 Baby Carrots/Dip  
 Seasoned Corn  
 Strawberries & Bananas  
 Ice Cream Sundae

Eggs/Toast/Hash Brown **21**  
 Pepperoni Pizza  
 Steak Burger  
 Fresh Veggies / Dip  
 Steamed Carrot  
 Chilled Pears

Cinni Minni **28**  
 Pepperoni Pizza  
 BBQ on Bun  
 Tossed Salad / Dressing  
 Seasoned Corn  
 Chilled Peaches

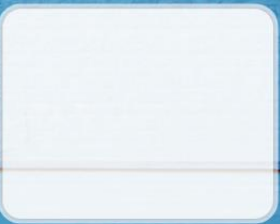
## THURSDAY

Pancake w/Sausage Link **01**  
 Crispy Beef Tacos  
 Chicken Fajita Taco  
 Spanish Rice  
 Pinto Beans  
 Salad w/ Cheese  
 Chilled Peaches

Pancake Wrap **08**  
 Beef Tips Over Rice  
 Chicken & Cheese Crispito  
 Green Beans  
 Tossed Salad / Dressing  
 Whole Grain Roll  
 Chilled Peaches

Breakfast Pizza **15**  
 Beef Nachos w/ Cheese  
 Beef & Bean Burrito  
 Spanish Rice  
 Pinto Beans  
 Tossed Salad  
 Texas Grapefruit

Mini Waffles **22**  
 Beef Enchiladas  
 Sausage Wrap  
 Spanish Rice  
 Refried Beans  
 Salad w/ Cheese  
 Pineapple Lime Jello



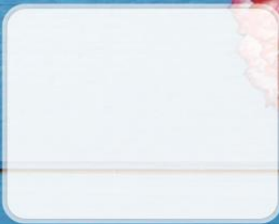
## FRIDAY

Assorted Muffins **02**  
 Cheese Burger  
 Grilled Chicken Burger  
 Oven French Fries  
 Burger Salad  
 Apple/Orange Wedges

Honey Bun **09**  
 Hamburger  
 Catfish Nuggets  
 Macaroni & Cheese  
 Tator Tots  
 Burger Salad  
 Chilled Fruit Cocktail

**16**  
 Student Holiday

Assorted Pop Tart **23**  
 Hamburger  
 Cheesy Fish Burger  
 Macaroni & Cheese  
 Tator Tots  
 Burger Salad  
 Chilled Peaches



## InSeason! Broccoli

Broccoli shares cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.



Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

## Announcements

Food Service Department

361-242-5906

<http://www.calallen.org>



\*\*\*NOW AVAILABLE\*\*\*

Tuesday/Thursday  
 East and Wood River Campus  
 Paw Pak (Pre-Packed Meal)

Protein - Turkey/Ham/Cheese  
 Vegetable - Carrots/Cucumbers/Dip  
 Fruit - Fresh Apple/Orange/Grapes  
 Grain- Package WG Cracker  
 Dairy - Choice of Milk

Join us for lunch, visitor \$ 3.50



## Meal Prices

### Student Breakfast

**\$ 1.35**

100% Juice/Fresh Fruits/Veggies  
 Assorted Cereal  
 Yogurt  
 Milk Variety

### Student Lunch

**PK- 5<sup>th</sup> - \$ 2.25**

**6<sup>th</sup> -12<sup>th</sup> - \$ 2.50**

Fresh Fruits/Vegetables  
 Milk Variety

Menu subject to change due to availability