



Elementary Menu

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hearty Bowl of Soup Choice of PBJ Sandwich Or Grilled Cheese Raw Veggies w/ dip Saltines Tossed Green Salad Assorted Fruit	2 Turkey Pot Pie or Pizza Quesadilla Squash Casserole Streamed Broccoli Tossed Green Salad Assorted Fruit Frozen Juice Cup
5 BBQ Pork Sliders or Hot Dog Tater Smiles Carrot Stix w/dip Cole Slaw, Pickles Assorted Fruit Tossed Green Salad	6 Chicken Smackers or Yogurt/Muffin Munchable Mashed Potatoes Broccoli w/Cheese Tossed Green Salad Whole Wheat Roll Assorted Fruit	7 Bowl of Chili Sandwich 1/2 Baked Potato Raw Veggies w/dip Fritos cheese, sour cream Tossed Salad, Assorted Fruit	8 Beefy Nachos w/Cheese or Grilled Chicken Sandwich Lettuc, Tomato, Salsa Refried Beans Spanish Rice Tossed Green Salad Assorted Fruit	9 Hamburger Steak w/Roll or Fish w/Hushpuppies Mac n Cheese Green Beans Cole Slaw Tossed Green Salad Assorted Fruit
12 Corn Dog or Cheeseburger Fresh Carrot Sticks Baked Beans Broccoli Salad Assorted Fruit Tossed Green Salad	13 Soft Chicken Taco or Cowboy Nachos Refried Beans Spanish Rice Tossed Green Salad Assorted Fruit Cheese, Salsa, Sour Cream	14 Pizza or Chicken Casserole Corn Steamed Carrots Tossed Green Salad Frozen Juice Cup Assorted Fruit	15 Steak Strips w/Gravy or Oven Roasted Chicken Turnip Greens Pinto Beans Mashed Potatoes Whole Wheat Roll Assorted Fruit, Tossed Salad	16 Winter Break 16-20
		19 Cheeseburger w/Baked Chips or Lasagna Baked Beans Lettuce, Tomato, Pickle Fresh Baby Carrots Tossed Green Salad Assorted Fruit	20	21 Hearty Bowl of Soup Choice of PBJ Sandwich Or Grilled Cheese Raw Veggies w/ dip Saltines Tossed Green Salad Assorted Fruit
26 BBQ Pork Sliders or Hot Dog Tater Smiles Carrot Stix w/dip Cole Slaw, Pickles Assorted Fruit Tossed Green Salad	27 Chicken Smackers or Yogurt/Muffin Munchable Mashed Potatoes Broccoli w/Cheese Tossed Green Salad Whole Wheat Roll Assorted Fruit	28 Bowl of Chili Sandwich 1/2 Baked Potato Raw Veggies w/dip Fritos cheese, sour cream Tossed Salad, Assorted Fruit		23 Turkey Pot Pie or Pizza Quesadilla Squash Casserole Streamed Broccoli Tossed Green Salad Assorted Fruit Frozen Juice Cup

Fruit and Assorted Milk Available At All Meals

"This institution is an equal opportunity provider"

Be kind to your heart! Eat plenty of fruits and veggies, and choose foods that are low in saturated fats, cholesterol, sodium and sugars. Exercise every day!