

FEBRUARY 2018 ELEMENTARY BREAKFAST & LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

BEFORE JULIUS CAESAR'S CALENDAR REFORM OF 45BC, FEBRUARY WAS THE ONLY MONTH WITH AN EVEN NUMBER OF DAYS. ALL THE REST HAD 29 OR 31.

Breakfast **5**
Cereal & Graham Cracker
Pancake on a Stick
Applesauce Cup & Assorted Juice
Lunch
Steak Fingers
Tater Tots
Green Beans
Fresh Orange

Breakfast **6**
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
*Salisbury Steak w/Brown Gravy
*Chef Salad Turkey
Macaroni & Cheese
Steamed Carrots
Seasoned Broccoli
Flavored Applesauce Cups

Breakfast **7**
Cereal & Graham Cracker
Yogurt w/ Graham Cracker
Sliced Peaches & Assorted Juice
Lunch
*Crispy Beef Tacos
*Protein Bistro Box w/Egg
Lettuce & Tomato
Pinto Beans
Fruit Cocktail
Salsa

Breakfast **1**
Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos
Refried Beans
Strawberry Spinach Salad
Fresh Orange

Breakfast **2**
Cereal & Graham Cracker
French Toast Sticks & Syrup
Fruit Cocktail & Assorted Juice
Lunch
Grilled Chicken on a Bun
Potato Wedges
Lettuce, Tomato, Pickles
Fresh Apple

Breakfast **12**
Cereal & Graham Cracker
Chicken Patty Biscuit
Applesauce & Assorted Juice
Lunch
Chicken & Waffles
Garden Salad
Green Beans
Fresh Apple

Breakfast **13**
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Fresh Orange & Assorted Juice
Lunch
*Oven Roasted Chicken
*Chef Salad w/Turkey
Biscuit
Seasoned Broccoli
Fresh Baby Carrots
Fruit Cocktail

Breakfast **14**
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Sliced Peaches & Assorted Juice
Lunch
*Grilled Cheese Sandwich
*Protein Box Turkey Ham
Vegetable Soup
Garden Salad
Flavored Applesauce Cups

Breakfast **15**
Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice
Lunch
*Beef & Cheese Nachos
*Chef Salad w/Turkey
Refried Beans
Golden Corn
Sliced Peaches

*Student Enrichment Day
Breakfast **16**
Cereal & Graham Cracker
Sliced Peaches & Assorted Juice
Lunch
Cheese Pizza
Steamed Carrots
Fruit Cocktail

No School Today!
BAD WEATHER DAY

Breakfast **20**
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
*Crispito w/Cheese
Chef Salad w/Turkey
Pinto Beans
Seasoned Carrots
Fruit Cocktail
Salsa

Breakfast **21**
Cereal & Graham Cracker
Yogurt w/ Graham Cracker
Sliced Peaches & Assorted Juice
Lunch
*Spaghetti & Meat Sauce
*Protein Bistro Box w/Egg
Green Beans
Garden Salad
Fresh Orange

Breakfast **22**
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice
Lunch
*Chicken Nuggets
*Chef Salad Turkey Ham
Fresh Baked Roll
Mashed Potato & Gravy
Seasoned Broccoli
Sliced Peaches

Breakfast **23**
Cereal & Graham Cracker
Dutch Baby Waffle
Fruit Cocktail & Assorted Juice
Lunch
Chicken Fried Steak on a Bun
Fish on a Bun
Green Beans
French Fries
Fresh Apple

Breakfast **26**
Cereal & Graham Cracker
Chicken Patty Biscuit
Applesauce & Assorted Juice
Lunch
French Toast & Cheese Omelet
Tater Tots
Fresh Cucumbers/Tomatoes
Fresh Apple

Breakfast **27**
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Fresh Orange & Assorted Juice
Lunch
*Chicken Lo Mein
*Protein Box w/Turkey Ham
California Veggies
Garden Salad
Sliced Peaches

Breakfast **28**
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Sliced Peaches & Assorted Juice
Lunch
*Beef Tips in Gravy over White Rice
*Chef Salad w/Turkey
Steamed Carrots
Seasoned Broccoli
Fruit Cocktail

MEAL PRICES

~Breakfast~

- Students \$1.30
- Reduced Price - .30¢
- Adult - \$1.80

~Lunch~

- Students - \$2.75
- Reduced Price - .40¢
- Adult - \$3.25

Milk Varieties Offered Daily
8 oz. Cartons of:
FF Chocolate
FF Strawberry
1% Lowfat
Extra Milk or Milk Purchased
Without Tray - .60¢



Each meal
(Breakfast and Lunch)
must contain at least
3 items - 1 of the items
must be a fruit or vegetable.

* Denotes Choice of Entree

Federal law and United States Department of Agriculture policy, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write U. S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

SHAC CORNER

(Student Health Advisory Council)
ALL SESSIONS HELD FROM 6:30-8 PM
(Unless Otherwise Noted)
At ACORN Community & Family Services Center,
101 Live Oak Street, Red Oak, TX
RSVP: Donna Knight at 972-617-4568
Or donna.knight@redoakisd.org

- February 8:
 - Cooking With Natasha (Live Oak)
 - (This event is Closed)
- February 13:
 - SWAPEG
- February 20:
 - Anger Management
 - "There's an APP for That!"

