







WOLCOTT PUBLIC SCHOOLS ELEMENTARY SCHOOL MENU – February 2020

WEEKLY ALTERNATIVES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
 ONLINE MEAL PAYMENTS		Every Day Offerings: Assorted Fresh Fruit & Veggie Tray Canned Fruit Twice Per Week: 100% Fruit Juice	Full Pay Lunch: \$2.65 Reduced Lunch: \$0.40 Healthy Snacks: \$1.00	 February is National Heart Health Month! Heart Healthy Tip: The heart-healthiest foods include vegetables, fruits, and whole grains. Dairy foods should be low-fat, and meats should be lean.						
Muffin & Yogurt Box ** (65g) Chef Salad (7.9g) Peanut Butter & Jelly on WW Bread (43g) Ham Sandwich (27g)	3	Twin Beef Soft Tacos (30.87g) Cheese* (0g), Lettuce* (0.8g) Salsa* (2g), Sour Cream* (2g) Corn and Black Bean Salad* (12.26g)	4	Crispy Chicken Sandwich (39g) Lettuce* (0.8g), Tomato* (0.12g) Onion Rings (28g) Fresh Cucumber and Tomato Salad* (3.29g)	5	Meatball Grinder on a WG Grinder Roll (30.5g) Orange Cinnamon Carrots* (3.81g) Kettle Baked Chips* (9g)	6	French Toast Sticks (37g) Oven Roasted Potatoes* (21.53g) Turkey Sausage Links* (0g) Maple Syrup* (28g)	7	Pizza Crunchers (41g) Sweet Potatoes Fries* (42g) Garden Salad with Ranch Dressing* ** (2.45g)
Plain Bagel Box (32g) Chef Salad (7.9g) Peanut Butter & Jelly on WW Bread (43g) Turkey Sandwich (23g) Yogurt Parfait (76.5g)	10	Tex Mex Chili Bowl Homemade Beef Chili* (5.5g) LF Cheddar Cheese* (0g) Tater Tots* (16g) Warmed Corn Muffin** (28g)	11	Chicken Nachos (23.67g) with Lettuce* (0.8g), Tomato* (1g) Sour Cream* (2g) Refried Beans* (18g)	12	Twisty Mac & Cheese Mini Corn Dogs** (20g) Mac and Cheese** (32.25g) Steamed Broccoli* (4g)	13	Stuffed Crust Cheese Pizza (36g) Baked Potato Wedges (16g) Garden Salad with Ranch Dressing* ** (2.45g)	14	
Muffin & Yogurt Box ** (65g) Crispy Chicken Salad (20g) Peanut Butter & Jelly on WW Bread (43g) Ham Sandwich (27g)	17		18		19	Baked Mozzarella Sticks (30g) Warm Marinara Sauce* (9g) Caesar Salad (16g) Italian Ice Sidekick* (22g)	20		21	Wild Mike Cheese Bites (28g) Marinara Sauce* (9g) Garden Salad with Ranch Dressing* ** (2.45g) Honey Graham Crackers (20g)
Ham and Pretzel Box ** (35g) Chef Salad (7.9g) Peanut Butter & Jelly on WW Bread (43g) Tuna Sandwich** (24g) Yogurt Parfait (76.5g)	24	Bacon, Egg, and Cheese on a Croissant** (29g) Tater Tots* (16g) Homemade Apple Crisp (23.3g)	25	Crispy Chicken Wrap (44g) Smile Fries* (20g) Carrot Slices* (5.65g)	26	Lasagna Rollups** (34g) WG Garlic Bread** (13g) Italian Green Beans* (5.2g) Mini Rice Krispy Treat* (9g)	27	Hot Dog on a WG Bun (21g) Vegetarian Baked Beans* (25g) Apple Slices* (7.6g)	28	Cheese Pizza (29g) or Pepperoni Pizza (29.38g) Caesar Salad (16g)

Main Meal = Choice 1 Box Meal = Choice 2 Salad Meal = Choice 3 PB&J Meal = Choice 4 Sandwich Meal = Choice 5 Yogurt Parfait Meal = Choice 6

*GLUTEN FREE
 **CONTAINS EGG
 (CARB COUNTS)

Menu is subject to change. This institution is an equal opportunity provider.

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