



Variety Vegetable and Fruit Bar offered
Daily
Light Italian, ranch, & French Dressing
Ketchup, Mayo, and Yellow Mustard offered



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
This institution is an Equal Opportunity Employer



Monday

Tuesday

Wednesday

Thursday

Friday



4
Cheese Burger
Green Beans/Cauliflower
Fresh Fruit
WG Bun
Choice of Milk

5
Chicken Taco
Beans and Corn
Salsa
Fresh Fruit
Choice of Milk /WG Shell

6
Baked Potato/Ham and Ch
Steamed Broccoli
Fresh Fruit
Choice of Milk
WG Dinner Roll

7
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

1
WG Pancake and Sausage
Stick
Cucumber Slices
Fresh Fruit
Choice of Milk

8
Chicken Strips
Celery Bites/Cucumber Bites
Choice of Milk
Fresh Fruit
WG Breading

11
Pizza Sticks
Carrot Sticks/Marinara
Fresh Fruit
Choice of Milk
WG Breading

12
Corn Dog
Celery Sticks
Fresh Fruit
Choice of Milk
WG Breading

13
Cheese Ravioli
WG Garlic Bread
Garden Salad/ Tomato
Cucumber Salad
Fresh Fruit /Choice of Milk

14
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

15

18
President's Day

19
Grilled Cheese
Broccoli and Cheese Soup
Fresh Fruit
Choice of Milk WG Bread

20
Chili
Corn/Side Salad
(Spinach/Carrots)
Fresh Fruit
Choice of Milk/ WG Corn Bread

21
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

22
WG Apple Cinn Texas Toas
Sausage
Celery/Cucumbers
Fresh Fruit
Choice of Milk

25
Sloppy Joe Sliders
Buttery Corn on the
cob/Cucumbers
Fresh Fruit
Choice of Milk/WG Bun

26
Mac & Cheese
Sweet Peas
Fresh Fruit
Choice of Milk
WG Pasta

27
Chicken Fajita
Lettuce/ Salsa
Fresh Fruit
Choice of Milk /WG Shell

28
Cheese Pizza Slice
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

SECOND OPTION
Monday- Beef Hot Dog
Tuesday- Entrée Salad
Wednesday- Chef Choice
Thursday-Entrée Salad
Friday- Pizza

