



This institution is an equal opportunity provider. Menus are subject to change.

### Monday, February 3

PB&J  
OR  
Pepperoni Pizza  
Steamed Corn  
Caesar Salad  
Assorted Fruits  
Choice of Milk



### Tuesday, February 4

Chicken Fingers  
OR  
Salisbury Steak  
Creamed Potatoes  
Raw Baby Carrots  
Green Beans  
School Baked Roll  
Assorted Fruits  
Choice of Milk

Milk loves me...  
it loves me not...

We know that there can  
be a love/hate relationship



between milk &  
stomachs. That's why  
we serve Lactaid daily  
as a nutritious  
alternative for your milk  
choice. *Cheers!*

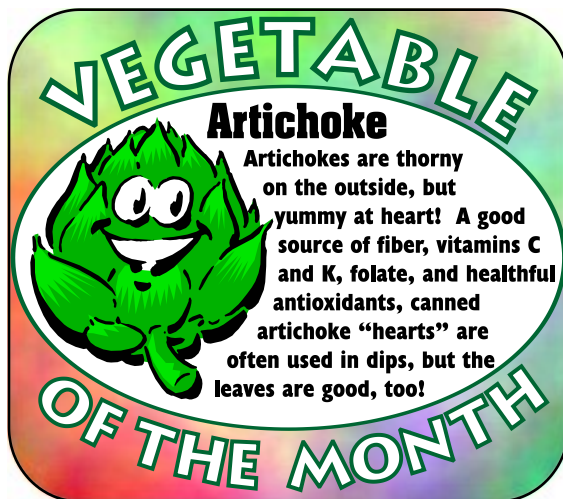
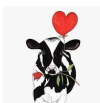
### Wednesday, February 5

Chicken Nuggets & Roll  
Twice Baked Potato  
Raw Broccoli & Tomatoes  
Sautéed Squash & Zucchini  
Sweet Potato Patties  
Assorted Fruits  
Choice of Milk



### Thursday, February 6

Cheeseburger  
OR  
Hamburger  
French Fries  
Lettuce/Tomatoes/Pickles/  
Baked Beans  
Assorted Fruits  
Choice of Milk



### Friday, February 7

Corn Dog  
OR  
Bosco Sticks  
Marinara  
Side Salad  
Potato Tots  
Assorted Fruits  
Choice of Milk

### Monday, February 10

Prime Time Chicken  
Sandwich  
Waffle Potatoes  
Lettuce/Tomatoes/Pickles  
Squash Casserole  
Assorted Fruits  
Choice of Milk



### Tuesday, February 11

Ribs and Roll  
OR  
BBQ Sandwich  
French Fries  
Coleslaw  
Baked Beans  
Assorted Fruits  
Choice of Milk

### Wednesday, February 12

Chicken & Rice  
OR  
Manager's Entrée  
Broccoli & Cheese Sauce  
Glazed Carrots  
Garden Peas  
Fruit Selection  
Cinnamon Roll  
Choice of Milk

### Thursday, February 13

Wing Dings & Roll  
Long Branch Potatoes  
Green Beans  
Raw Veggies & Dip  
Assorted Fruits  
Choice of Milk



### Friday, February 14

#### HAPPY VALENTINE'S DAY

Chili Dog OR Hot Dog  
French Fries  
Baked Beans  
Chocolate Chip Cookie  
Assorted Fruits  
Choice of Milk



## DON'T FORGET!

Take at least **ONE Fruit** or **Vegetable**  
And at least **THREE** of the five items total  
so your meal counts as a **complete lunch!**





Dear Parents,  
It isn't too late!

We accept Free and Reduced Meal Benefits Applications ALL YEAR LONG! Applications may be picked up at any school or completed online on the district website at **BryanCountySchools.org**.

If you have any questions, please call the school nutrition office at (912) 459-5121.

Monday, February 17

Teacher  
Workday



**NO SCHOOL FOR  
STUDENTS**

Tuesday, February 18

Chicken Pot Pie  
Or  
Stuffed Crust Pizza  
Potato Tots  
Garden Salad  
Assorted Fruits  
Choice of Milk

Wednesday, February 19

Spaghetti & Meat  
Sauce Roll  
OR  
French Bread Pizza  
Garden Peas  
Glazed Carrots  
Caesar Salad  
Assorted Fruits  
Choice of Milk

Thursday, February 20

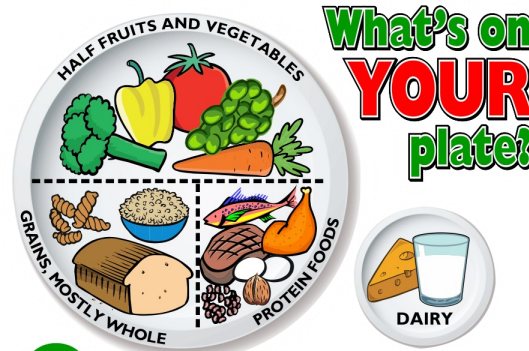
Grilled Cheese  
OR  
PB&J  
Vegetable Soup  
Potato Tots  
Assorted Fruits  
Choice of Milk

Friday, February 21

Rib-B Que Sandwich  
OR  
BBQ Sandwich  
French Fries  
Cole Slaw  
Baked Beans  
Assorted Fruits  
Choice of Milk

Monday, February 24

PB&J  
OR  
Pepperoni Pizza  
Steamed Corn  
Caesar Salad  
Assorted Fruits  
Choice of Milk



**Q** • Why is fish often prepared and served with lemon?

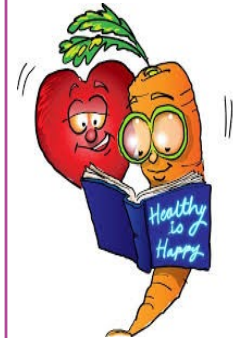


**A:** Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Tuesday, February 25

Chicken Fingers  
OR  
Salisbury Steak  
Creamed Potatoes  
Raw Baby Carrots  
Green Beans  
School Baked Roll  
Assorted Fruits  
Choice of Milk



Wednesday, February 26

Chicken Nuggets & Roll  
Twice Baked Potato  
Raw Broccoli & Tomatoes  
Sautéed Squash & Zucchini  
Sweet Potato Patties  
Assorted Fruits  
Choice of Milk

Thursday, February 27

Cheeseburger or Hamburger  
French Fries  
Lettuce/Tomatoes/Pickles  
Baked Beans  
Assorted Fruits  
Choice of Milk

Friday, February 28

Corn Dog  
OR  
Bosco Sticks  
Marinara  
Side Salad  
Potato Tots  
Assorted Fruits  
Choice of Milk

Guess what is coming?! Guess what is almost here?! A chance to try something so great...we wait **AN ENTIRE YEAR!** It comes each March when we celebrate **his** day. What and **WHOSE** day you may ask?

The birthday of the wonderful **Dr. Seuss** of course! (Coming March 2nd)

