February 2020 Elementary Menu

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Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
French Toast Sticks, 4 (38) & Syrup (31) or	Breaded Pork Chop (15), Biscuit (26) or	Pillsbury Cinnamon Roll (36) or Fruit &	Breakfast Burrito (23) & Goldfish Grahams	Top it Off Oatmeal, ½ c. (21), Choice of
Donut Holes, 6 (30), Fruit (~15), Fruit Juice	Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit	Yogurt Parfait (29) with Fresh Baked	(19) or Plain or Blueberry Bagel (28-34)	Toppings: Brown Sugar & Cinnamon (14),
(15) &/or Milk (11-22)	Juice (15) &/or Milk (11-22)	Granola (17), Fruit (~15), 100% Fruit	with Cream Cheese (1) or Wow Butter (8),	Chocolate Chips (10) or 6-pk Donuts (41),
		Juice (15) &/or Milk (11-22)	Fruit (~15), Juice (15) &/or Milk (11-22)	Fruit (~15), Juice (15) &/or Milk (11-22)
Hot Dog (2) on Bun (27) or Ham &	Salisbury Steak (2) & Gravy (5) or	Chicken Strips, 3 (17) or	Spaghetti, ½ c. (21) w/ Meat Sauce (*) &	Mandarin Orange Chicken (19) or Chicken
Cheese Sandwich (32) or Salad Plate (*)	Ham & Cheese Sandwich (32)	Yogurt (*) & Cereal (*) or Salad Plate (*)	Shredded Cheese, 1 oz. (1), Breadstick (14)	Fajita Wrap (15) or Salad Plate (*)
Cool Ranch or Nacho Cheese Doritos (18)	Or Salad Plate (*)	Mashed Potatoes, ½ c. (15)	or Turkey Sandwich (28) or Salad Plate (*)	Green Beans, 1/2 c. (4)
Fresh Veggie Cup, ½ c. (2.5)	Glazed Carrots, ½ c. (13)	Sweet Peas, ½ c. (9)	Garden Salad, ¾ c. (4) w/ Dressing (*)	Fiesta Rice, ½ c. (21)
Baked Beans, ½ c. (29)	Mashed Potatoes, ½ c. (15)	Roll (22)	Green Beans, 1/2 c. (4)	Shredded Cheese, 1 oz. (1)
Fresh Fruit, ½ c. (8-15)	Bread, 1 slice (18)	Fresh Fruit, ½ c. (8-15)	Fresh Fruit, ½ c. (8-15)	Shredded Lettuce & Tomato, 3/4 c. (4)
Mixed Berry or Peach Slush Cup (20)	Fresh Fruit, ½ c. (8-15)	Diced Pears, ½ c. (14)	Fruit Sidekicks (20)	Fresh Fruit Assortment, ½ c. (8-15)
Milk (11-22)	Pineapple Tidbits, ½ c. (18)	Milk (11-22)	Milk (11-22)	Frozen Jonny Pops (10-11)
	Milk (11-22)			Milk (11-22), Sour Cream, 1 oz. (4)
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Mini Cinnis (39) or Sausage Pancake on a	Mini Cinnis (39) or Sausage Pancake on a	Canadian Bacon, Egg, & Cheese Croissant	Breakfast Burrito (23) or Muffins (27-31),	Sausage Biscuit (26) or 6-pk Donuts (41),
Stick (19) & Syrup (31), Fruit (~15), Fruit	Stick (19) & Syrup (31), Fruit (~15), Fruit	(31) or Pop-Tarts (37 ea.), Fruit (~15),	Goldfish Grahams (19), Fruit (~15), Fruit	Fruit (~15), 100% Fruit Juice (15) &/or
Juice (15) &/or Milk (11-22)	Juice (15) &/or Milk (11-22)	100% Fruit Juice (15) &/or Milk (11-22)	Juice (15) &/or Milk (11-22)	Milk (11-22)
Chicken (15) on Bun (31)	Meatballs, 3 oz. (8), Mozzarella Cheese-	Chicken Smackers, 10 (20)	Big Daddy's Four Cheese or Pepperoni	Beef Taco, 3 oz. (4) or Hot Turkey &
Or BBQ Pork (16) on Bun (27)	Stuffed Breadsticks, 2 (30), Marinara (7)	Or Yogurt (*) & Cereal (*)	Pizza (35)	Cheese Sandwich (28) or Salad Plate (*)
Or Salad Plate (*)	Or Turkey & Cheese Sandwich (28)	Or Salad Plate*	Or Ham & Cheese Sandwich (32)	Shredded Cheese, 1 oz. (1)
White Nacho Doritos (20) or White Cheddar	Or Salad Plate (*)	Waffle (37), Syrup (31)	Or Salad Plate (*)	Golden Corn, ½ c. (16)
Cheese Curls (17)	Potato Wedges, ½ c. (19)	Southern-Style Hash Browns, ½ c. (14)	Green Beans, 1/2 c. (4)	Fiesta Rice, ½ c. (21)
Golden Corn, ½ c. (16)	Garden Salad, ¾ c. (4) w/ Dressing (*)	Fresh Veggie Cup, ½ c. (2.5)	Garden Salad, ¾ c. (4) w/ Dressing (*)	Tortilla Chips (18), Salsa, ¼ c. (4)
Baked Beans, ½ c. (29)	Fresh Fruit, ½ c. (8-15)	Fresh Fruit, ½ c. (8-15)	Fresh Fruit, ½ c. (8-15)	Shredded Lettuce & Tomato, ¾ c. (4)
Fresh Fruit, ½ c. (8-15)	Fruit Sidekicks (20)	Peach Slices, ½ c. (12)	Watermelon-Flavored Raisels (35)	Fresh Fruit, ½ c. (8-15)
Mixed Berry or Peach Slush Cup (20)	Milk (11-22)	Milk (11-22)	Milk (11-22)	Mixed Fruit, ½ c. (18)
Milk (11-22)				Milk (11-22)
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
Eggo Mini Pancakes (35) & Syrup (31) or	Strawberry Smoothies, 18 oz. (86) &	Sausage Biscuit (26) or Pop-Tarts (37 ea.),	Breakfast Burrito (23) or Muffins (27-31),	Chicken (6) Biscuit (26) or 6-pk Donuts
2550 I uncured (55) & 5,14p (51) 01	G 1 (10) E 1 E (G: 1 4(20)	Fruit (~15), 100% Fruit Juice (15) &/or	Goldfish Grahams (19), Fruit (~15), Fruit	(41), Fruit (~15), 100% Fruit Juice (15)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice	Grahams (19) or French Toast Sticks, 4 (38),	11411 (12), 100/011411 14100 (12) 66/01	Y : (15) 0 / 3 5111 (11 00)	
	Fruit (~15), 100% Fruit Juice (15) &/or Milk	Milk (11-22)	Juice (15) &/or Milk (11-22)	&/or Milk (11-22)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice			Hamburger (1) on Bun (25) or Ham	&/or Milk (11-22) Mandarin Orange Chicken (19) or Chicken
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Fruit (~15), 100% Fruit Juice (15) &/or Milk	Milk (11-22)		
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10)	Milk (11-22) Chicken Strips, 3 (17) or	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6)	Mandarin Orange Chicken (19) or Chicken
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c.	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11)
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Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit &	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14),
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8),	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41),
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (-15), 100% Fruit Juice (15) &/or Milk (11-22)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham &	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) &	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half) or Tuna Salad Plate (*)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18) Fresh Veggie Cup, ½ c. (2.5)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*) Mashed Potatoes, ½ c. (15)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*) Green Beans, 1/2 c. (4)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half) or Tuna Salad Plate (*) Carrot & Celery Sticks, ½ cup (4)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18) Fresh Veggie Cup, ½ c. (2.5) Baked Beans, ½ c. (29)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, ¾ c. (4) w/ Dressing (*)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*) Green Beans, 1/2 c. (4)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half) or Tuna Salad Plate (*) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18) Fresh Veggie Cup, ½ c. (2.5) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, ¾ c. (4) w/ Dressing (*) Fresh Fruit, ½ c. (8-15)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*) Green Beans, 1/2 c. (4) Fresh Fruit, ½ c. (8-15)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half) or Tuna Salad Plate (*) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15) Pear Cup, ½ c. (20)
Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) or Salad Plate (*) Golden Corn, ½ c. (16) Green Beans, 1/2 c. (4) Fresh Veggie Cup, ½ c. (2.5) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22) Monday, February 24 French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18) Fresh Veggie Cup, ½ c. (2.5) Baked Beans, ½ c. (29)	Fruit (~15), 100% Fruit Juice (15) &/or Milk BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, ½ c. (10) or Salad Plate (*) Southern-Style Hash Browns, ½ c. (14) Fresh Veggie Cup, ½ c. (2.5) Grapes, ½ cup (~15) Cinnamon Baked Apples, ½ c. (36) Milk (11-22) Tuesday, February 25 Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13)	Milk (11-22) Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, ½ c. (15) Glazed Carrots, ½ c. (13) Roll (22) Fresh Fruit, ½ c. (8-15) Peach Slices, ½ c. (12) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Four Cheese or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, ¾ c. (4) w/ Dressing (*)	Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, ¼ c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, ½ c. (29) Fresh Fruit, ½ c. (8-15) Applesauce, ½ c. (23) Milk (11-22) Thursday, February 27 Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22) Spaghetti, ½ c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, ¾ c. (4) w/ Dressing (*) Green Beans, 1/2 c. (4)	Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, ½ c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Fruit Assortment, ½ c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4) LENT - Friday, February 28 Top it Off Oatmeal, ½ c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20) Chili, ½ c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half) or Tuna Salad Plate (*) Carrot & Celery Sticks, ½ cup (4) Orange Wedges, ½ c. (15)