FEBRUARY 2020 GCHS MENUS

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Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Glazed Cinnamon French Toast (26) & Syrup	Breakfast Pizza (40) or Fruit & Yogurt Parfait	Sausage Biscuit (26) or 6-pk Donuts (41), Fruit	Breakfast Burrito (23) or Muffins (27-31),	Chicken (6) Biscuit (26) or 6-pk Donuts (41),
(31) or Donut Holes, 6 (30), Fruit (~15), Fruit	(29) with Fresh Baked Granola (17), Fruit	(~15), 100% Fruit Juice (15) &/or Milk (11-22)	Goldfish Grahams (19), Fruit (~15), Fruit Juice	Fruit (~15), 100% Fruit Juice (15) &/or Milk
Juice (15) &/or Milk (11-22)	(~15), 100% Fruit Juice (15) &/or Milk (11-22)	(),	(15) &/or Milk (11-22)	(11-22)
Big Daddy's Cheese or Pepperoni or Buffalo	Salisbury Steak (2)/Gravy (5)	Vegetable Beef Soup (23)	Chicken Strips, 4 (22)	BBQ Pork (16) on Bun (31)
		Hot Ham & Cheese on Bun (32)		
Chicken Pizza (35)	Or Mini Corn Dogs, 6 (30) or Salad Bar		Or Salad Bar	Or Spicy Chicken (17) on Bun (31)
Or Salad Bar	Glazed Carrots, ½ c. (13)	Or Tony's Cheese or Pepperoni Deep Dish	Mashed Potatoes, ½ c. (15)	Southern-Style Hash Browns, ½ c. (14)
Green Beans, ½ c. (4)	Mashed Potatoes, ½ c. (15)	Personal Pizza (35) or Salad Bar	Sweet Peas, ½ c. (9)	Baked Beans, ½ cup (29)
Golden Corn, ½ c. (16)	Bread (18 ea.)	Assorted Fresh Veggies, ½ c. (2.5)	Roll (22)	Fresh Pineapple Chunks (15)
Spring Mix & Tomato Salad, ¾ c. (4)	Fresh Fruit Assortment (~15)	FF Ranch (6)	Fresh Fruit Assortment (~15)	Fruit Sidekicks (20)
Fresh Fruit Assortment (~15)	Pineapple Tidbits, ½ c. (19)	Fresh Fruit (~15)	Applesauce, ½ c. (23)	Milk (11-22)
Fruit Slush Cups (20)	Milk (11-22)	Fruit Sidekicks (20)	Milk (11-22)	
Milk (11-22)		Milk (11-22)	Choice of Dipping Sauce (*)	
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit	Breakfast Pizza (40) or Fruit Smoothie – 18	Pillsbury Cinnamon Roll (36) or Sausage	Breakfast Burrito (23) & Goldfish Grahams	Top it Off Oatmeal, ³ / ₄ c. (48+) with Choice of
(~15), 100% Fruit Juice (15) &/or Milk (11-22)	oz. (86), Fruit (~15), 100% Fruit Juice (15)	Pancake on a Stick (18) & Syrup (31), Fruit	(19) or Plain or Blueberry Bagel (28-34) with	Toppings: Brown Sugar & Cinnamon (14),
	&/or Milk (11-22)	(~15), Fruit Juice (15) &/or Milk (11-22)	Cream Cheese (1) or Wow Butter (8), Fruit	Chocolate Chips (10), Fruit (~15) or 6-pk
			(~15), Fruit Juice (15) &/or Milk (11-22)	Donuts (41), Fruit (~15), 100% Fruit Juice
				(15) &/or Milk (11-22)
Big Daddy's Cheese or Pepperoni Pizza (35)	Hot Wings, 5 (1)	Hamburger on Bun (31)	Chicken Smackers, 10 (20)	Chili, 8 oz. (22), Crackers (5 per pack)
Or Salad Bar	Or Chili, Beef, & Bean Burrito (35)	Or Hot Dog (2) on Bun (27)	Waffle (37) & Syrup (31)	Or Salad Bar (*)
Green Beans, ½ c. (4)	Or Salad Bar	Or Salad Bar	Or Salad Bar	Grilled Cheese Sandwich (30)
Golden Corn, ½ c. (16)	Glazed Carrots, ½ c. (13)	Baked Beans, ½ c. (29)	Southern-Style Hash Browns, ½ c. (14)	Carrot & Celery Sticks, ½ cup (4)
Spring Mix & Tomato Salad, ¾ c. (4)	Mashed Potatoes, ½ c. (15)	Onion Rings, 5 (28)	Fresh Veggies, ½ c. (2.5), FF Ranch (6)	Orange Wedges, ½ c. (15)
Fresh Fruit Assortment (~15)	Roll (22)	Romaine Lettuce & Tomato, ½ c. (1)	Fresh Fruit Assortment (~15)	Pear Cup, ½ c. (20)
Fruit Slush Cups (20)	Fresh Fruit Assortment (~15)	Fresh Fruit Assortment (~15)	Peach Slices, ½ c. (12)	Milk (13-20)
Milk (11-22)	Pineapple Tidbits (19)	Frozen Jonny Pops (10-11)	Milk (11-22)	FF Ranch Dressing (6)
WIIIK (11-22)	Milk (11-22)	Milk (11-22)		11 Kanch Diessing (0)
34447E 47D D 437 34 1 E 1 48			Choice of Dipping Sauce (*)	F.11 F.1 A1
MAKE UP DAY - Monday, Feb 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Canadian Bacon, Egg, & Cheese Croissant (31) or Eggo Mini Pancakes (35) & Syrup (31), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Sausage Pancake on a Stick (18) & Syrup (31) or 6-pk Donuts (41), Fruit (-15), 100% Fruit Juice (15) &/or Milk (11-22))
Big Daddy's Cheese or Pepperoni Pizza or	Salisbury Steak (2)/Gravy (5)	BREAKFAST FOR LUNCH	Chicken Strips, 4 (22)	BBQ Pork (16) on Bun (31)
Buffalo Chicken Pizza (35)	Or Mini Corn Dogs, 6 (30) or Salad Bar	Sausage (0) & Eggs (0)	Or Salad Bar	Or Spicy Chicken (17) on Bun (31)
Or Salad Bar	Glazed Carrots, ½ c. (13)	Biscuit (26) & Gravy, ½ c. (10)	Mashed Potatoes, ½ c. (15)	Southern-Style Hash Browns, ½ c. (14)
Green Beans, ½ c. (4)	Mashed Potatoes, ½ c. (15)	Or Salad Bar	Sweet Peas, ½ c. (9)	Baked Beans, ½ cup (29)
Golden Corn, ½ c. (4)	Bread (18 ea.)	Southern-Style Hash Browns, ½ c. (14)	Roll (22)	Fresh Pineapple Chunks (15)
Spring Mix & Tomato Salad, 34 c. (4)	Fresh Fruit Assortment (~15)	Fresh Veggie Cup, ½ c. (2.5)	Fresh Fruit Assortment (~15)	Fruit Sidekicks (20)
		Cinnamon Baked Apples, ½ c. (36)	Fruit Cocktail, ½ c. (18)	Milk (11-22)
Fresh Fruit Assortment (~15)	Pineapple Tidbits, ½ c. (19)	Linnamon Baked Apples, ½ c. (50)		
Fruit Slush Cups (20)				WIIIK (11-22)
Milk (11-22)	Milk (11-22)	Fresh Fruit (~15)	Milk (11-22)	WHIK (11-22)
	Milk (11-22)	Fresh Fruit (~15) Milk (11-22)	Milk (11-22) Choice of Dipping Sauce (*)	
Monday, February 24		Fresh Fruit (~15)	Milk (11-22)	LENT - Friday, February 28
	Milk (11-22)	Fresh Fruit (~15) Milk (11-22)	Milk (11-22) Choice of Dipping Sauce (*)	, ,
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit	Milk (11-22) Choice of Dipping Sauce (*) 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	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (-15) or 6-pk Donuts (41), Fruit (-15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c.	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5)
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Assorted Fresh Veggies, ½ c. (2.5)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5) Tortilla Chips (18)
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Assorted Fresh Veggies, ½ c. (2.5) FF Ranch (6)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5) Tortilla Chips (18) Fiesta Rice, ½ c. (21)
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Assorted Fresh Veggies, ½ c. (2.5) FF Ranch (6) Fresh Fruit (~15)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5) Tortilla Chips (18) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4)
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15) Fruit Slush Cups (20)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15) Peach Slices, ½ c. (12)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Assorted Fresh Veggies, ½ c. (2.5) FF Ranch (6) Fresh Fruit (~15) Fruit Sidekicks (20)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23) Milk (11-22)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5) Tortilla Chips (18) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4) Fresh Veggie Cup*, ½ c. (2.5)
Monday, February 24 Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Big Daddy's Cheese or Pepperoni or Buffalo Chicken Pizza (35) Or Salad Bar Green Beans, ½ c. (4) Golden Corn, ½ c. (16) Spring Mix & Tomato Salad, ¾ c. (4) Fresh Fruit Assortment (~15)	Milk (11-22) Tuesday, February 25 Breakfast Pizza (40) or Fruit Smoothie – 18 oz. (86), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Chicken (15) on Bun (25) Or Hamburger on Bun (31) or Salad Bar Fresh Romaine Lettuce & Tomato, ½ c. (1) Onion, 1/8 c. Potato Smiles, 4 ea. (28) Baked Beans, ½ c. (29) Fresh Fruit Assortment (~15)	Fresh Fruit (~15) Milk (11-22) Ash Wednesday, February 26 Pillsbury Cinnamon Roll (36) or Sausage Pancake on a Stick (18) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22) Vegetable Soup (23) Hot Ham & Cheese on Bun (32) Or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Assorted Fresh Veggies, ½ c. (2.5) FF Ranch (6) Fresh Fruit (~15)	Milk (11-22) Choice of Dipping Sauce (*) 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), Fruit Juice (15) &/or Milk (11-22) Chicken Strips, 4 (22) Or Salad Bar Mashed Potatoes, ½ c. (15) Sweet Peas, ½ c. (9) Roll (22) Fresh Fruit Assortment (~15) Applesauce, ½ c. (23)	LENT - Friday, February 28 Top it Off Oatmeal, ¾ c. (48+) with Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10), Fruit (~15) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22) Nachos: Beef, 3 oz. & Queso, 2 oz. (4) or Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35) or Salad Bar Black Bean & Corn Salsa (3.5) Tortilla Chips (18) Fiesta Rice, ½ c. (21) Shredded Lettuce & Tomato, ¾ c. (4)