

February 2nd is

Groundhog Day!

It's also known as a

or marmot.

back in.

woodchuck, whistle pig

If the groundhog comes

sees his shadow he will

out of his burrow and

turn around and go

Elementary Lunch Menu

2

MvSchoolBucks.com

30

Choose One: Chicken Sandwich Beef and Cheese Nachos

Monday

Fruit & Yogurt Plate Turkey Club Wrap Choose:

Santa Fe Black Beans Fresh Veggie Dippers

31 **Choose One: Breakfast for Lunch**

Mini Cheese Calzones Chicken Caesar Salad PBJ Kit Uncrustable or Sandwich Choose:

Tuesday

Deli Roasted Potatoes Marinara Sauce Cup Romaine Side Salad

Choose One: Chicken Nuggets Pasta w/ Meat Sauce or Cheese Lasagna Roll-up

Wednesday

Yogurt & Fruit Parfait Ham & Cheese Croissant Choose:

Corn Niblets Sliced Cucumbers **Thursday**

Choose One: Teriyaki Chicken w/Rice & Roll **Grilled Cheese Sandwich**

> Chicken BLT Salad Chicken Caesar Wrap Choose:

Broccoli Florets Mixed Side Salad

Friday Choose One:

Pizza Variety Corn Dog or Hot Dog on a Bun Apple a Day Salad Ham, Turkey & Cheese Sub

Choose: Sweet Potato Fries Fresh Veggie Dippers

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13

Choose One: Hamburger on a Bun or Cheeseburger on a Bun Chicken & Waffles

Fruit & Yogurt Plate Turkey Club Wrap Choose:

Country Baked Beans Fresh Veggie Dippers

7

Choose One: Beef or Pork Tacos w/ Tortillas or Chips **Cheesy Bread**

Chicken Caesar Salad PBJ Kit Uncrustable or Sandwich Choose:

Broccoli Florets Marinara Sauce Cup Romaine Side Salad

Choose One:

Breakfast for Lunch

Mini Cheese Calzones

Chicken Caesar Salad

PBJ Kit Uncrustable or Sandwich

Choose:

Deli Roasted Potatoes

Marinara Sauce Cup

Romaine Side Salad

8 **Choose One:** Macaroni & Cheese

Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant Choose:

> Crinkle Crispy Fries Sliced Cucumbers

Choose One: Popcorn Chicken Bowl & Roll **BBQ Pork Sandwich**

Yogurt & Fruit Parfait Chicken Caesar Wrap Choose:

> Corn Niblets Mixed Side Salad

Super Bowl Fan Favorites

Choose One: Hot Dog or Burger on a Bun Deluxe Nachos: Beef. Bean.

Cheese, or Chicken Apple a Day Salad Ham, Turkey & Cheese Sub Choose:

Green Beans

Fresh Veggie Dippers

There will be six more weeks of winter!

Daily Lunch Choices

Choose 1:

Meat / Meatless Entrée, Entrée Salads, Cold Sandwiches

Must Choose at least 1:

Hot & Cold Vegetables Variety of Fruits & Juices (may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:

Low Fat White. Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Choose One: Chicken Sandwich Beef and Cheese Nachos

Fruit & Yogurt Plate Turkey Club Wrap Choose:

Santa Fe Black Beans Fresh Veggie Dippers

No School for Students!

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Choose One: Beef or Pork Tacos w/ Tortillas or Chips **Cheesy Bread**

Chicken Caesar Salad PBJ Kit Uncrustable or Sandwich

Choose: Broccoli Florets Marinara Sauce Cup Romaine Side Salad 15

1

Choose One: Chicken Nuggets Pasta w/ Meat Sauce or Cheese Lasagna Roll-up

Yogurt & Fruit Parfait Ham & Cheese Croissant

Choose:

Corn Niblets Sliced Cucumbers

Choose One: Macaroni & Cheese **Boneless Dill Chicken Wings**

Chicken BLT Salad Ham & Cheese Croissant Choose:

Crinkle Crispy Fries Sliced Cucumbers

Choose One: Terivaki Chicken w/Rice & Roll **Grilled Cheese Sandwich**

Chicken BLT Salad Chicken Caesar Wrap Choose:

Broccoli Florets Mixed Side Salad 17

3

Pizza Variety Corn Dog or Hot Dog on a Bun Apple a Day Salad

Choose One:

Ham, Turkey & Cheese Sub Choose:

Sweet Potato Fries

Fresh Veggie Dippers

Choose One:

23

Choose One: Popcorn Chicken Bowl & Roll **BBQ Pork Sandwich**

Yogurt & Fruit Parfait Chicken Caesar Wrap Choose:

Corn Niblets Mixed Side Salad

Florida **→**

24

Pizza Variety Chicken Tinga Rice Bowl & Roll or Chicken Tinga Tacos

Apple a Day Salad Ham, Turkey & Cheese Sub Choose:

Green Beans Fresh Veggie Dippers

27

Choose One: Chicken Sandwich **Beef and Cheese Nachos**

Fruit & Yogurt Plate Turkey Club Wrap Choose:

Santa Fe Black Beans Fresh Veggie Dippers

28

Choose One: Breakfast for Lunch Mini Cheese Calzones

Chicken Caesar Salad PBJ Kit Uncrustable or Sandwich Choose:

> Deli Roasted Potatoes Marinara Sauce Cup Romaine Side Salad



Avocado

- Are a good source of fiber
- ► Have 20 vitamins & minerals

More potassium than bananas



Haas →

Please Note:

The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary.

We apologize for any inconveniences.

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