


February Elementary Lunch Menu

Monday Tuesday Wednesday Thursday Friday

<p>30</p> <p>Choose One: Chicken Sandwich Beef and Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>31</p> <p>Choose One: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Deli Roasted Potatoes Marinara Sauce Cup Romaine Side Salad</p>	<p>1</p> <p>Choose One: Chicken Nuggets Pasta w/ Meat Sauce <u>or</u> Cheese Lasagna Roll-up Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Corn Niblets Sliced Cucumbers</p>	<p>2</p> <p>Choose One: Teriyaki Chicken w/Rice & Roll Grilled Cheese Sandwich Chicken BLT Salad Chicken Caesar Wrap Choose: Broccoli Florets Mixed Side Salad</p>	<p>3</p> <p>Choose One: Pizza Variety Corn Dog <u>or</u> Hot Dog on a Bun Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Sweet Potato Fries Fresh Veggie Dippers</p>
<p>6</p> <p>Choose One: Hamburger on a Bun <u>or</u> Cheeseburger on a Bun Chicken & Waffles Fruit & Yogurt Plate Turkey Club Wrap Choose: Country Baked Beans Fresh Veggie Dippers</p>	<p>7</p> <p>Choose One: Beef <u>or</u> Pork Tacos w/ Tortillas <u>or</u> Chips Cheesy Bread Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Broccoli Florets Marinara Sauce Cup Romaine Side Salad</p>	<p>8</p> <p>Choose One: Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant Choose: Crinkle Crispy Fries Sliced Cucumbers</p>	<p>9</p> <p>Choose One: Popcorn Chicken Bowl & Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap Choose: Corn Niblets Mixed Side Salad</p>	<p>10 Super Bowl Fan Favorites</p> <p>Choose One: Hot Dog <u>or</u> Burger on a Bun Deluxe Nachos: Beef, Bean, Cheese, <u>or</u> Chicken Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Green Beans Fresh Veggie Dippers</p>
<p>13</p> <p>Choose One: Chicken Sandwich Beef and Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>14</p> <p>Choose One: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Deli Roasted Potatoes Marinara Sauce Cup Romaine Side Salad</p>	<p>15</p> <p>Choose One: Chicken Nuggets Pasta w/ Meat Sauce <u>or</u> Cheese Lasagna Roll-up Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Corn Niblets Sliced Cucumbers</p>	<p>16</p> <p>Choose One: Teriyaki Chicken w/Rice & Roll Grilled Cheese Sandwich Chicken BLT Salad Chicken Caesar Wrap Choose: Broccoli Florets Mixed Side Salad</p>	<p>17</p> <p>Choose One: Pizza Variety Corn Dog <u>or</u> Hot Dog on a Bun Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Sweet Potato Fries Fresh Veggie Dippers</p>
<p>20</p> <p>No School for Students!</p>	<p>21</p> <p>Choose One: Beef <u>or</u> Pork Tacos w/ Tortillas <u>or</u> Chips Cheesy Bread Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Broccoli Florets Marinara Sauce Cup Romaine Side Salad</p>	<p>22</p> <p>Choose One: Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant Choose: Crinkle Crispy Fries Sliced Cucumbers</p>	<p>23</p> <p>Choose One: Popcorn Chicken Bowl & Roll BBQ Pork Sandwich Yogurt & Fruit Parfait Chicken Caesar Wrap Choose: Corn Niblets Mixed Side Salad</p>	<p>24</p> <p>Choose One: Pizza Variety Chicken Tinga Rice Bowl & Roll <u>or</u> Chicken Tinga Tacos Apple a Day Salad Ham, Turkey & Cheese Sub Choose: Green Beans Fresh Veggie Dippers</p>
<p>27</p> <p>Choose One: Chicken Sandwich Beef and Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>28</p> <p>Choose One: Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit Uncrustable <u>or</u> Sandwich Choose: Deli Roasted Potatoes Marinara Sauce Cup Romaine Side Salad</p>	<p></p> <p>Avocado</p> <ul style="list-style-type: none"> ▶ Are a good source of fiber ▶ Have 20 vitamins & minerals ▶ More potassium than bananas 	<p>Florida ↻ Haas ↻</p> 	<p>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.</p>

Fun Facts!

February 2nd is Groundhog Day!



It's also known as a woodchuck, whistle pig or marmot.
 If the groundhog comes out of his burrow and sees his shadow he will turn around and go back in.
 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

