

A La Carte

- Veggie Pizza
- Cheese Pizza
- Cottage Cheese
- Yogurt
- Chips
- Granola Bars
- Bottled Water
- Flavored Water
- Gatorade
- Izze Juice
- Tropicana Juice
- Ice Cream
- Bottled Milk
- Extra items or seconds

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis. When potato or vegetable soups are offered, they may count toward a vegetable serving.

MONDAY

- Waffles** **2**
 Breaded Ravioli
 Chicken and Noodles/Breadstick
 Green Pepper Strips
 Peas
 Grapes
 Applesauce

Fruit Yogurt Parfait

- 9**
 Chicken Nuggets
 Corn Dog
 Macaroni and Cheese
 Red Pepper Strips
 Baked Beans
 Grapes
 Mandarin Oranges

16

NO SCHOOL

Waffles

- 23**
 Chicken Strips
 Meatball Sub Sandwich
 Red Pepper Strips
 French Fries
 Grapes
 Pineapple

TUESDAY

- Tornado** **3**
 Chicken Quesadilla
 Meatloaf
 Marinated Vegetable Salad
 Mashed Potatoes
 Banana
 Pears
 Oatmeal Cookie

Tornado

- 10**
 Cheese Quesadilla
 Beef and Noodles/Breadstick
 Cucumber Salad
 Mixed Vegetables
 Banana
 Mixed Fruit

Tornado

- 17**
 Philly Cheesesteak Wrap
 BBQ Chicken Wings
 Marinated Vegetable Salad
 Tator Tots
 Banana
 Applesauce

Tornado

- 24**
 Sloppy Joe
 Chicken Fajitas
 Cucumber Salad
 Carrots
 Banana
 Apricots
 Applesauce Cake

WEDNESDAY

- Pancakes** **4**
 Hamburger
 Chicken Tender Wrap
 Red Bean Salad
 French Fries
 Apple Slices
 Apricots

French Toast Sticks

- 11**
 Spaghetti/Breadstick
 Chicken Sandwich
 Italian Bean Salad
 Carrots
 Apple Slices
 Pineapple

Pancakes

- 18**
 Lasagna/Roll
 Cheese Quesadilla
 Peppers/Tomatoes
 Corn
 Apple Slices
 Mandarin Oranges

French Toast Sticks

- 25**
 Nachos Grandes
 BBQ Pork Sandwich
 Mexican Bean Dip
 Mixed Vegetables
 Apple Slices
 Pears

THURSDAY

MANAGER'S CHOICE

Muffin

- 12**
 Sliced Turkey
 Soft Taco
 Broccoli Salad
 Mashed Potatoes
 Watermelon
 Applesauce

Breakfast Pizza

- 19**
 Grilled Chicken
 Pork Tenderloin Sandwich
 Wild Rice
 Celery Sticks
 Green Beans
 Watermelon
 Peaches

MANAGER'S CHOICE

FRIDAY

- Breakfast Wrap** **6**
 Horseshoe
 Fish Sandwich
 Carrot Sticks
 Green Beans
 Orange Slices
 Peaches

Egg Sandwich

- 13**
 Turkey Deli Wrap
 Hot Ham and Cheese
 Celery Sticks
 Potato Soup
 Orange Slices
 Pears
 Chocolate Chip Cookie

Breakfast Wrap

- 20**
 Chili/Crackers
 Cheesy Bread
 Carrot Sticks
 Oven Brown Potatoes
 Orange Slices
 Mixed Fruit
 Pumpkin Bar

Egg Sandwich

- 27**
 Chicken Bacon Flatbread
 Grilled Cheese Sandwich
 Broccoli Salad
 Tomato Soup
 Orange Slices
 Apricots

DID YOU KNOW?

The flower called a snowdrop sometimes is seen in February and is said to be a sign of hope.
 " Keep your faith in beautiful things, in the sunshine when it is hidden, in the spring when it is gone."

Roy R. Gibson