



Breakfast: Served with fruit/juice and milk daily. Cereal will be offered as an alternate.
Lunch: Served with fresh veggies, fruit and milk daily. Salad bar is offered as an alternate for grades 3-12. Menu is subject to change.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

New Items Alert!

Try roasted cauliflower on February 13th and Brunch Lunch on the 21st!

Tuesday



Wednesday

Thursday

Friday

Breakfast Bites

6

Hamburger w/ Toppings, Sweet Potato Fries and Strawberry/Pomegranate Sorbet Cup

French Toast Sticks

7

Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Baked Beans and Pears

Breakfast Pizza

8

Turkey and Gravy with Mashed Potatoes, Dinner Roll, Steamed Corn and Mandarin Oranges

Eggs/Sausage/Toast

9

Pizza Calzones, Seasoned Potato Wedges and Fresh Kiwi Fruit

Yogurt Parfait

10

Mini Corn Dogs, Tator Tots and Pineapple

Biscuits & Gravy

13

Meatball Subs, **Oven Roasted Cauliflower** and Apple Sauce Cups

Omelet and Toast

14

Hot Ham and Cheese Sandwich, Green Beans and "Sweetheart" Strawberries

Belgian Waffle Sticks

15

Penne Pasta Bar w/ Choice of Chicken Alfredo or Spaghetti Sauce, Steamed Broccoli and Bananas

Sunrise Muffin (Egg/Chz.)

16

Oven Baked Chicken with Mashed Potatoes & Gravy, Peas, Dinner Roll and Tropical Fruit Salad

Banana/ Blueberry Bread

17

Eagle Club Sandwiches, Chips, Cottage Cheese and Peaches

No School

20

French Toast

21

Brunch Lunch! Lumberjacks, Hash Brown Patty, Fruit Juice and Pineapple

Yogurt Parfait

22

BBQ Pulled Pork Sandwich, Cole Slaw, Baked Beans and Pears

Bacon Scrambler Pizza

23

Tacos in A Bag With All the Fixins, Fiesta Black Beans, Apple Churro and Mandarin Oranges

Lumberjacks

24

Pizza Dippers & Sauce, Green Beans and Apple Sauce

Pancakes

27

Hot Dogs, Baked Beans and Fresh Clementine Oranges

Muffins

28

Pepperoni Pizza, Crinkle Cut Carrots, and Purple Grapes

Applications for free or reduced price meals are available all year.

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