

February

BREAKFAST UNITIZED

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • zac omega bar apple /fruit (DF) 	<ul style="list-style-type: none"> • lemon muffin/fruit 	<ul style="list-style-type: none"> • french toast muffin/fruit 	<ul style="list-style-type: none"> • breakfast cinnamon crumble/fruit 	<ul style="list-style-type: none"> • apple muffin/fruit
6	7	1	2	3
<ul style="list-style-type: none"> • if honey buttons cereal /mini dipperdoodle /fruit (DF) 	<ul style="list-style-type: none"> • breakfast cinnamon crumble/fruit 	<ul style="list-style-type: none"> • hot buenos dias breakfast burrito/fruit 	<ul style="list-style-type: none"> • hot southwest chicken chorizo and cheese bagel sandwich/fruit 	<ul style="list-style-type: none"> • plain whole wheat bagel/creamcheese/fruit
13	14	15	16	17
<ul style="list-style-type: none"> • dipper doodle bar /fruit (DF) 	<ul style="list-style-type: none"> • blueberry burst whole grain bagel/cream cheese/fruit 	<ul style="list-style-type: none"> • hot pancakes w/ syrup/fruit • lemon muffin/fruit 	<ul style="list-style-type: none"> • breakfast cinnamon crumble/fruit 	<ul style="list-style-type: none"> • blueberry muffin/fruit
20	21	22	23	24
<ul style="list-style-type: none"> • hot cinnamon toast bagel/fruit 	<ul style="list-style-type: none"> • hot egg and sausage quesadilla/fruit 			
27	28			

Did You Know?

The average American eats 14 pounds of cereal every year? Grab a spoon and try our whole grain, lightly-sweetened **Honey Buttons, Snow Flurries, and Cocoa Critters** cereals.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



February

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> hot meatball sub seasoned corn 	<ul style="list-style-type: none"> baked mac & cheese and chicken bites lunch combo pinto beans & baby carrots 	<ul style="list-style-type: none"> all natural hot dog chilled, seasoned green beans 	<ul style="list-style-type: none"> chicken taco trio: dropped lettuce and sliced tomatoes with ranch flame broiled beef cheeseburger celery sticks with ranch 	<ul style="list-style-type: none"> chicken enchiladas sweet potatoes
6	7	1	2	3
<ul style="list-style-type: none"> chicken bites (DF) green peas 	<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (V/G) edamame & blanched broccoli florets 	<ul style="list-style-type: none"> cheese lasagna (V/G) chilled, seasoned green beans 	<ul style="list-style-type: none"> oven roasted chicken sandwich (DF) chopped lettuce & sliced tomatoes with ranch 	<ul style="list-style-type: none"> kidn chicken melt sandwich sweet potatoes
13	14	15	16	17
<ul style="list-style-type: none"> crispy chicken sandwich (DF) seasoned corn 	<ul style="list-style-type: none"> buffalo chicken crunchadilla pinto beans & baby carrot 	<ul style="list-style-type: none"> chicken taco trio chilled, seasoned green beans 	<ul style="list-style-type: none"> slippy joe (DF) cheeseburger chopped lettuce and sliced tomatoes with ranch 	<ul style="list-style-type: none"> bbq meatballs with cheesy rice sweet potatoes
20	21	22	23	24
<ul style="list-style-type: none"> chicken bites (DF) chilled, seasoned green beans 	<ul style="list-style-type: none"> chicken fajita burrito pinto beans & baby carrots 			
27	28			

What's New?

February is crunch time! Get ready for the all **NEW Buffalo Chicken Crunchadilla**, a quesadilla with cheese and chicken served with Ranch Rumbles. Stuff your Rumbles directly inside to put the "crunch" in your "crunchadilla."

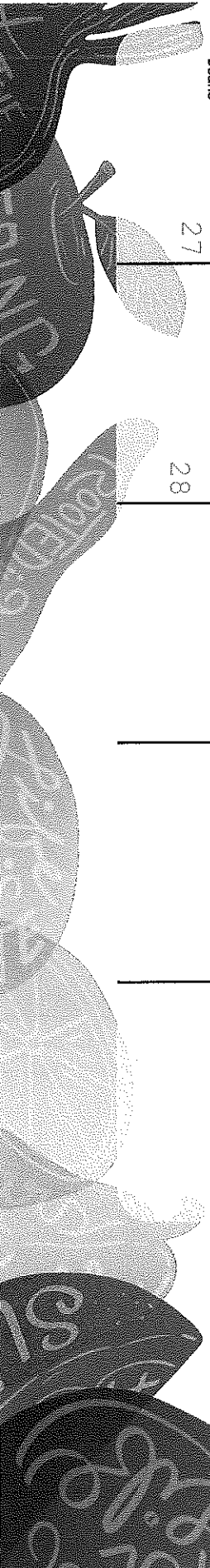
Look for it on the menu on February 10 and February 21!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and Vegetarian (V) options available daily – If not listed on the menu, available upon request!

o Vegetable of the day:

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SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> revolution foods honey wheat crackers/fruit 	<ul style="list-style-type: none"> blazin hots seeds/fruit 	<ul style="list-style-type: none"> yogurt/fruit 	<ul style="list-style-type: none"> multigrain rumbles - cinnamon/fruit 	<ul style="list-style-type: none"> blazin hots seeds/fruit
6	7	8	9	10
<ul style="list-style-type: none"> dick and james smart crackers/fruit 	<ul style="list-style-type: none"> granola/string cheese 	<ul style="list-style-type: none"> blazin hots seeds/fruit 	<ul style="list-style-type: none"> sunflower seeds/fruit 	<ul style="list-style-type: none"> multigrain rumbles - salsa fresca/fruit
13	14	15	16	17
<ul style="list-style-type: none"> blazin hots seeds/fruit 	<ul style="list-style-type: none"> revolution foods honey wheat crackers/fruit 	<ul style="list-style-type: none"> sunflower seeds/fruit 	<ul style="list-style-type: none"> multigrain rumbles - ranch/fruit 	<ul style="list-style-type: none"> zac attack bar strawberry/fruit
20	21	22	23	24
<ul style="list-style-type: none"> multigrain rumbles - salsa fresca/fruit 	<ul style="list-style-type: none"> sunflower seeds/fruit 			
27	28			

Did You Know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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