


BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Blueberry Bread	Breakfast Pizza	Chicken on a Bun	Kolache	Breakfast Taco
	PopTarts	Benefit Bars	Cereal Bar	Muffin Top	Yogurt
Week 2	French Toast	Breakfast Bites	Breakfast Quesadilla	Pancake and Sausage	WG Powdered Donuts
	PopTarts	Benefit Bars	Cereal Bar	Muffin Top	Yogurt
DAILY BREAKFAST CHOICES					
Assorted Cereal Bars, Whole Grain Cereals, Fresh and Canned Fruit, 100% Apple or Fruit Juice, Low Fat or Fat Free Milk Variety					

DAILY LUNCH CHOICES

Locally grown items are offered whenever seasonally available
Low fat white and fat free chocolate milk

		Feb 1 Pasta Alfredo Hamburger Taco Loco Salad Yogurt & Fruit Spinach Salad Italian Roasted Vegetables Chilled Pears	Feb 2 Chicken King Ranch Sandwich Corn Dog Beef Fingers Chicken Craisin Salad Minnie Mouse Salad Corn Confetti Applesauce	Feb 3 Ravioli Mini Cheese Marinara Texas Spud Potato Cheese Pizza Ham & Cheese Pita Caesar Chicken Salad Green Beans Pineapple Tidbits
Feb 6 Chicken Nuggets Chicken Creole Smothered Burrito Sandwich with Sunbutter Turkey Chef Salad Mashed Potatoes Pineapple Tidbits	Feb 7 Turkey & Gravy Beef & Cheese Nachos Ham & Cheese Sandwich Yogurt & Fruit Mustard Greens Broccoli Peaches	Feb 8 Pancake & Sausage Sandwich Fiesta Tostada Spanish Rice Combo Sub Garden Salad Broccoli Normandy Chilled Pears	Feb 9 Chicken Pot Pie Hot Dog Chicken Fried Steak Sandwich Crispy Chicken Wrap Chicken Caesar Salad Mixed Squash Applesauce	Feb 10 Pasta Bowtie Fish & Mac & Cheese Cheese Pizza Chicken Caesar Wrap BLT Turkey Salad Herb Roasted Carrots Mixed Fruit
Feb 13 Chicken Nuggets Chicken Teriyaki Bean & Cheese Burrito Turkey & Bacon Club Wrap Peppi Pizza Salad Mashed Potatoes Pineapple Tidbits	 Feb 14 Fajita Chicken Quesadilla BBQ Beef on a Bun Cheese Bread Sticks Chicken Craisin Salad Spinach Pear Salad Southwestern Vegetables Peaches	Feb 15 Baked Pasta Alfredo Hamburger Bean & Cheese Nachos Turkey Apple Cheddar Pita Fruit & Cheese Yogurt Ginger Carrots Chilled Pears	Feb 16 Southwest Potato Corn Dog Taco Loco Salad Italian Wrap Popcorn Chicken Salad Corn Applesauce	Feb 17 Beef Picadillo Stuff Roll Fish Nuggets & Chips Cheese Pizza Combo Sub Turkey Chef Salad Mexicali Corn Peas Mixed Fruit
Feb 20 Bad Weather Day 	Feb 21 Cheese Breadsticks Fajita Chicken Quesadilla Chicken Pasta Alfredo Ham & Cheese Sandwich BBQ Chicken Salad Green Beans Peaches	Feb 22 Chicken Patty Sandwich Hamburger Crispy Tacos Chicken Wrap & Yogurt Popey Spinach Salad Broccoli Normandy Chilled Pears	Feb 23 Sweet & Sour Chicken Corn Dog Chicken Fajita Wrap Turkey Cranberry Flatbread Fruit & Cheese Yogurt Herb Roasted Carrots Applesauce	Feb 24 Fish Sandwich Frito Pie Pepperoni Pizza Popcorn Chicken Wrap Chicken Caesar Wrap Peas & Carrots Wheels Mixed Fruit
Feb 27 Chicken Nuggets Spaghetti w/ Meatballs Beef Taco Ham & Cheese Sandwich Asian Salad Mashed Potatoes Pineapple Tidbits	Feb 28 Beef Lasagna Cheese Breadsticks Sloppy Joe Chicken Fajita Wrap Greek Salad Italian Roasted Vegetables Peaches			

We will begin using a Food Based Menu planning System

Every meal will consist of five components: grains, meal/meal alternatives, fruit, vegetable, and milk. In order to be considered a "student meal", the student must select three of the five components. We encourage students to select all five components to receive a balanced meal.

Every high school student will be required to take 1 cup of fruit and/or vegetable each day to make "student meal".

We follow a plan that is called offer vs. serve. Large portions of vegetables and fruit will be available to those students who want them. The minimum amount that a student will have to take is 1 cup of a fruit, 1 cup of a vegetable or a combination of both.

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