

NOTES

A program meal must include foods from at least 3 food groups. One item must be a ½ cup of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Wellness Tip of the Month:

Celery grows up from the ground. Its stalks grow up to 10 inches. Celery is a good source of vitamin A, Vitamin C, potassium and calcium. Enjoy celery sticks every Monday.

Bacon, Egg & Cheese Bagel
Egg & Cheese Bagel
Mini Maple Waffles
Grape Crush Smoothie Pack
Cheese Sandwich
PB & J Pack
Applesauce
Celery Sticks

5

Chicken Soft Tacos
w/Corn Salsa
Mini Maple Waffles
Grape Crush Smoothie Pack
Cheese Sandwich
PB & J Pack
Orange Smiles
Black Beans

6

Cheese Pizza
Mini Maple Waffles
Grape Crush Smoothie Pack
Cheese Sandwich
PB & J Pack
Apple Slices
Baby Carrots

7

Chicken Bacon Ranch Sandwich
Grilled Chicken Sandwich
Mini Maple Waffles
Grape Crush Smoothie Pack
Cheese Sandwich
PB & J Pack
Juicy Peaches
Steamed Corn

8

Ace's Tracy Day
Popcorn Chicken
Mini Maple Waffles
Grape Crush Smoothie Pack
Cheese Sandwich
PB & J Pack
Mixed Fruit
Green Beans

9

Ham & Egg Breakfast Burrito
Chicken Salad Wrap
Thai Noodle Bowl
Popcorn Chicken Salad
PB & J Pack
Fruit & Cheese Plate
Apple Slices
Celery Sticks

12

Cheese Quesadilla
Chicken & Cheese Quesadilla
Thai Noodle Bowl
Popcorn Chicken Salad
PB & J Pack
Fruit & Cheese Plate
Orange Smiles
Black Beans

13

Cheese Pizza
Pepperoni Pizza
Thai Noodle Bowl
Popcorn Chicken Salad
PB & J Pack
Fruit & Cheese Plate
Rosey Applesauce
Baby Carrots

14

Pizza Dippers
w/Marinara
Thai Noodle Bowl
Popcorn Chicken Salad
PB & J Pack
Fruit & Cheese Plate
Juicy Peaches
Steamed Corn

15

IN SERVICE DAY
NO SCHOOL
FOR STUDENTS

16

PRESIDENT'S DAY
SCHOOL
IS
CLOSED

19

Build Your Own Burrito
Hot Dog on a Bun
Ham & Cheese Sandwich
Bagel Bundle
PB & J Pack
Orange Smiles
Black Beans

20

Cheese Pizza
Chef's Choice Pizza
Hot Dog on a Bun
Ham & Cheese Sandwich
Bagel bundle
PB & J Pack
Apple Slices
Baby Carrots

21

Cheeseburger
Veggie Burger
Hot Dog on a Bun
Ham & Cheese Sandwich
Bagel Bundle
PB & J Pack
Juicy Peaches
Steamed Corn

22

Pasta Chicken Alfredo
Hot Dog on a Bun
Ham & Cheese Sandwich
Bagel Bundle
PB & J Pack
Mixed Fruit
Green Beans

23

French Toast
Sausage Patty
Chicken Nuggets
Build Your Own Pizza
Chicken Salad Plate
PB & J Pack
Applesauce
Celery Sticks

26

Chicken & Cheese Nachos
Bean & Cheese Nachos
Chicken Nuggets
Build Your Own Pizza
Chicken Salad Plate
PB & J Pack
Orange Smiles
Black Beans

27

Cheese Pizza
Veggie Pizza
Chicken Nuggets
Build Your Own Pizza
Chicken Salad Plate
PB & J Pack
Apple Slice
Baby Carrots

28

Ace's Tray Day
Meatball Sub
Chicken Nuggets
Build Your Own Pizza
Chicken Salad Plate
PB & J Pack
Juicy Peaches
Steamed Corn

29

Dates That Rate:

2/9 Ace's Tray Day
2/12-2/15 LTO Thai Noodle Bowl
2/14 Rosey Applesauce with every lunch purchase
2/29 Ace's Tray Day