



read  
play  
learn  
run  
dream

# FEBRUARY

## Elementary Breakfast Menu 2020



Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.75
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.70
Extra Milk	.50

**NON-DISCRIMINATION:**  
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered**

Monday	Tuesday	Wednesday	Thursday	Friday
3 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	4 WHOLE GRAIN DONUT OR CEREAL VARIETY	5 BREAKFAST TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR	6 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	7 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR
10 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	11 WHOLE GRAIN DONUT OR CEREAL VARIETY	12 BREAKFAST TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR	13 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	14 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR
17 	18 WHOLE GRAIN DONUT OR CEREAL VARIETY	19 BREAKFAST TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR	20 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	21 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR
24 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	25 WHOLE GRAIN DONUT OR CEREAL VARIETY	26 BREAKFAST TAC-GO, SALSA OR STRAWBERRY POP TART OR BLUEBERRY NUTRIGRAIN BAR	27 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	28 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [www.myschoolbucks.com](http://www.myschoolbucks.com)



# FEBRUARY

**CHECK OUT THE MUNCHABLE MEALS OFFERED EACH DAY AT LUNCH!**

## Elementary Lunch Menu 2020


Meal Prices	
<b>Student</b>	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.75
Reduced	.40
<b>Adult</b>	
Breakfast	\$2.15
Lunch	\$3.70
Extra Milk	.50

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- All Meals Served With Choice of Milk:
- 1% White
  - Fat Free Strawberry
  - Fat Free Chocolate
  - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> CHICKEN & WAFFLES, SYRUP OR RIB-Q ON BUN, CHEETO PUFFS OR YOGURT MUNCHABLE	<b>4</b> GRILLED CHEESE, TATER TOTS OR QUESO CHICKEN NACHOS, SALSA OR SUNBUTTER & JELLY MUNCHABLE	<b>5</b> SPAGHETTI, BREADSTICK OR MINI CORN DOGS OR PIZZA MUNCHABLE	<b>6</b> CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO, SALSA OR YOGURT MUNCHABLE *CHERRY CRISP	<b>7</b> FIESTADA PIZZA OR CHILI, CRACKERS, CINNAMON ROLL OR SUNBUTTER & JELLY MUNCHABLE
<b>10</b> CHICKEN & NOODLES, BISCUIT OR RIB-Q ON BUN, CHEETO PUFFS OR YOGURT MUNCHABLE	<b>11</b> BEEF ENCHILADAS MEXICAN-STYLE RICE OR CHICKEN SANDWICH OR SUNBUTTER & JELLY MUNCHABLE *BIRTHDAY TREAT	<b>12</b> FISH NUGGETS MAC N CHEESE OR CHEESEBURGER, BAKED FRIES OR PIZZA MUNCHABLE	<b>13</b> VALENTINE CHICKEN NUGGETS MASHED POTATOES & GRAVY HOT ROLL OR NACHO BITES, SALSA OR YOGURT MUNCHABLE	<b>14</b> CHILI, CRACKERS CINNAMON ROLL OR CHEESE PIZZA OR SUNBUTTER & JELLY MUNCHABLE *CELEBRATION SIDEKICK 100% FRZ JUICE CUP
<b>17</b> 	<b>18</b> HOT HAM & CHEESE PANINI SWEET POTATO TRAX OR FIESTA NACHOS OR SUNBUTTER & JELLY MUNCHABLE	<b>19</b> LASAGNA ROLLUP OR MINI CORN DOGS OR PIZZA MUNCHABLE	<b>20</b> BREADED CHICKEN DRUMSTICK MASHED POTATOES & GRAVY DINNER ROLL OR RIB-Q ON BUN OR YOGURT MUNCHABLE	<b>21</b> CHEESE PIZZA OR CHEESY SCRAMBLED EGGS FRENCH TOAST STICKS OR SUNBUTTER & JELLY MUNCHABLE *CHERRY CRISP
<b>24</b> CHICKEN SANDWICH OR MAC N CHEESE OR YOGURT MUNCHABLE	<b>25</b> HARD SHELL TACOS, SALSA MEXICAN-STYLE RICE OR MANAGER'S CHOICE	<b>26</b> CHICKEN TERIYAKI LO MEIN NOODLES OR CHILI DOG OR PIZZA MUNCHABLE	<b>27</b> BEEF FINGERS, HOT ROLL MASHED POTATOES & GRAVY OR MANAGER'S CHOICE	<b>28</b> CHEESEBURGER, BAKED FRIES OR PEPPERONI PIZZA OR SUNBUTTER & JELLY MUNCHABLE



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**Fresh Fruits & Vegetable Bar Offered Daily.**