



Variety Vegetable and Fruit Bar offered  
Daily  
Light Italian, ranch, & French Dressing  
Ketchup, Mayo, and Yellow Mustard offered



**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.  
**This institution is an Equal Opportunity Employer**



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Cheese Burger **4**  
Green Beans/Cauliflower  
Fresh Fruit  
WG Bun  
Choice of Milk

Chicken Taco **5**  
Beans and Corn  
Salsa  
Fresh Fruit  
Choice of Milk /WG Shell

Baked Potato/Ham and Ch **6**  
Steamed Broccoli  
Fresh Fruit  
Choice of Milk  
WG Dinner Roll

Cheese Pizza Slice **7**  
WG Crust  
Green/Red Peppers/Hummus  
Fresh Fruit  
Choice of Milk

Chicken Strips **8**  
Celery Bites/Cucumber Bites  
Choice of Milk  
Fresh Fruit  
WG Breading

Pizza Sticks **11**  
Carrot Sticks/Marinara  
Fresh Fruit  
Choice of Milk  
WG Breading

Corn Dog **12**  
Celery Sticks  
Fresh Fruit  
Choice of Milk  
WG Breading

Cheese Ravioli **13**  
WG Garlic Bread  
Garden Salad/Tomato  
Cucumber Salad  
Fresh Fruit /Choice of Milk

Cheese Pizza Slice **14**  
WG Crust  
Green/Red Peppers/Hummus  
Fresh Fruit  
Choice of Milk

Grilled Cheese **15**  
Broccoli and Cheese Soup  
Fresh Fruit  
Choice of Milk  
WG Bread

President's Day **18**

NO SCHOOL **19**

Chili Dogs **20**  
Corn/Side Salad  
(Spinach/Carrots)  
Fresh Fruit  
Choice of Milk/ WG Breading

Cheese Pizza Slice **21**  
WG Crust  
Green/Red Peppers/Hummus  
Fresh Fruit  
Choice of Milk

WG Apple Cinn Texas Toast **22**  
Sausage  
Celery/Cucumbers  
Fresh Fruit  
Choice of Milk

Sloppy Joe **25**  
Buttery Corn on the  
cob/Cucumbers  
Fresh Fruit  
Choice of Milk/WG Bun

Mac & Cheese **26**  
Sweet Peas  
Fresh Fruit  
Choice of Milk  
WG Pasta

Chicken Fajita **27**  
Lettuce/ Salsa  
Fresh Fruit  
Choice of Milk /WG Shell

Cheese Pizza Slice **28**  
WG Crust  
Green/Red Peppers/Hummus  
Fresh Fruit  
Choice of Milk

