



Monday, February 16

Presidents' Day



No School Today

Tuesday, February 17

Breakfast

Cinnamon Toast Crunch
Cereal Muffin

Lunch

-Chicken Nuggets & Roll
-BBQ Ribette Sandwich*
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Mashed Potatoes & Gravy
Chilled Applesauce
Cold Milk

Wednesday, February 18

Breakfast

Yogurt Parfait
& Nutri-Grain Bar

Lunch

-Cheese Pizza
-Cheesy Fish Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Seasoned Green Beans
Craisins
Cold Milk

Thursday, February 19

Breakfast

Bacon, Egg & Cheese Biscuit*

Lunch

-Soft Chicken Tacos
-Mini Corn Dogs
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Sweet Corn
Frozen Juice Cup
Cold Milk

Friday, February 20

Breakfast

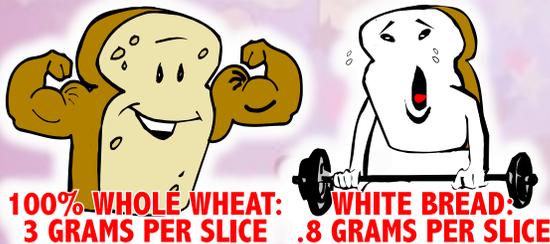
French Toast Sticks & Syrup

Lunch

-Mozzarella Sticks
& Dipping Sauce
-Fish Sticks
& Cornbread Muffin
-Chef Salad & Bosco Stick
-PBJ Sandwich
Baby Carrots
Fresh Apple
Cold Milk



Powerhouse!



100% WHOLE WHEAT: 3 GRAMS PER SLICE **WHITE BREAD: .8 GRAMS PER SLICE**

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 23

Breakfast

Cheesy Chicken Biscuit

Lunch

-Sausage, Egg & Cheese Croissant*
-Sloppy Joe Sandwich
-Popcorn Chicken Salad & Bosco Stick
-PBJ Sandwich
Green Beans
Chilled Pears
Cold Milk

Tuesday, February 24

Breakfast

Cinnamon Roll

Lunch

-Straw Hat
-Breaded Chicken Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Ranchero Beans
Peach Cup
Cold Milk

Wednesday, February 25

Breakfast

Pancake Sausage Stick*

Lunch

-Pretzel Sticks, Popcorn
Chicken & Queso
-Sub Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Seasoned Carrots
Blue Raspberry Applesauce
Cold Milk

Thursday, February 26

Breakfast

Banana Bread

Lunch

-Orange Chicken & Fried Rice
-Hamburger on Bun
Italian Salad & Bosco Stick*
-PBJ Sandwich
Steamed Broccoli
Chilled Pineapple
Fortune Cookie
Cold Milk

Friday, February 27

Breakfast

Mini Confetti Pancakes & Syrup

Lunch

-Cheese Quesadilla
-Fish Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Sweet Corn
Orange Smiles
Cold Milk

NUTRITION TO GO

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

A QUICK BITE FOR PARENTS



Every complete meal we serve comes with your choice of milk!