

February 2017 MENU

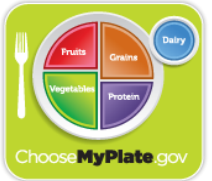






Days with nut products in the menu will be displayed with: description of the nut will be on ★ the days menu, please call the central kitchen at 847-9666 if further information is needed.

LUNCH

Students must select
A minimum 1/2 cup fruit and /or vegetable combination and 2 more menu components. They may also select all menu items if desired.
Paid \$2.40
Reduced \$.40

School lunches include:

- Fresh Fruits & Veggies
- Whole Grains
- Reduced/Zero Trans Fats
- Salads/Salad Bars
- Low-fat Dairy
- Baked items rather than fried
- Healthy Cooking & Prep Techniques

Mon	Tue	Wed	Thu	Fri
		1 Uncrustable Vegetable Fruit Crackers Choice of Milk ★	2 Spaghetti w/meat Sauce Breadstick Vegetable Fruit Choice of Milk	3 Turkey Deli Sandwich Crunchy Cheetos vegetable Fruit Choice of Milk 
6 Chili Cheese Fries Goldfish vegetable Fruit Choice of Milk	7 Mesquite Chicken- Drumstick vegetable Fruit Choice of Milk 	8 Upside Day ↓ Pancakes & Syrup Cup Sausage Bagged Carrots Fruit/ Choice of Milk	9 Pepperoni Pizza Sandwich Vegetable Fruit Choice of Milk	10 Pulled Pork Sand- wich w/BBQ Sauce Vegetable Fruit Choice of Milk
13 Observed Holiday 	14 Tyson Chicken Nuggets Hartzels (heart pretzel) Vegetable Fruit Ketchup Choice of Milk 	15 Hamburger Vegetable Fruit Choice of Milk	16 Spaghetti w/meat Sauce Breadstick Vegetable Fruit Choice of Milk	17 Nachos Vegetable Fruit Choice of Milk
20  PRESIDENTS DAY	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Turkey Deli Sandwich Crunchy Cheetos Vegetable/Fruit Choice of Milk 	28 Hamburger Vegetable Fruit Choice of Milk			

- Make a game of reading food labels: It's a habit that helps change behavior for a lifetime.
- Make dinnertime a family time: less chance of children eating the wrong foods or snacking too much
- Keep things positive: Kids don't like to hear what they can't do, tell them what they can do instead, help children develop a good self-image.