


Breakfast February 2020

4 Week Rotating Menu	Monday	Tuesday	Wednesday	Thursday
Week 1	3 Cereal Cheese Stick 1 c. Fruit Milk Variety	4 W/G English Muffin Sausage Patty 1 c. Fruit Milk Variety	5 Ham, Egg & Cheese Breakfast Burrito 1 c. Fruit Milk Variety	6 W/G Cereal Bar Yogurt 1 c. Fruit Milk Variety
Week 2	10 W/G Pancake Cheese Stick 1 c. Fruit Milk Variety	11 Sausage Corn Dog 1 c. Fruit Milk Variety	12 W/G Biscuit w/ Gravy Sausage Patty 1 c. Fruit Milk Variety	13 Blueberry Muffin Hard Boiled Egg 1 c. Fruit Milk Variety
Week 3	17 NO SCHOOL PRESIDENTS' DAY	18 Oatmeal Graham Cracker 1 c. Fruit Milk Variety	19 Fruit Smoothie W/G English Muffin 1 c. Fruit Milk Variety	20 Egg & Cheese Breakfast Sandwich Lit'l Smokies 1 c. Fruit Milk Variety
Week 4	24 W/G Pancake Sausage Links 1 c. Fruit Milk Variety	25 W/G Biscuits w/ Gravy Ham 1 c. Fruit Milk Variety	26 Cereal Cheese Stick 1 c. Fruit Milk Variety	27 Egg Patty Hash browns 1 c. Fruit Milk Variety
				
Please advise Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly. 	(CEP) Community Eligibility Provision 2019/2020 Student Cost Free Adult Breakfast \$2.20 Adult Lunch \$3.75	NSLP REQUIREMENTS: Meat/Alt: Optional 1 oz. daily Whole Grain: 1.75/1 oz. daily Fruit/ Vegetable: 1 Cup daily Milk: 1 Cup Daily	Milk Variety: Low Fat White or Fat Free White Milk. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	WEEKLY AVERAGE: Calories: 400-500 Sodium: <540 Sat. Fat: <10 Trans Fat: 0g. /Serving

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Lunch February 2020

4 Week Rotating Menu	Monday	Tuesday	Wednesday	Thursday
Week 1	3 Chicken Filet Patty Mashed Potatoes W/ Gravy ¾ c. Vegetable ½ c. Fruit Milk Variety	TACO TUESDAY 4 Seasoned Beef Crumble Refried Beans W/G Shell ¾ c. Vegetable ½ c. Fruit Milk Variety	5 BBQ Pulled Pork Sandwich W/G Bun ¾ c. Vegetable ½ c. Fruit Milk Variety	6 Minimum Attendance Parent/Teacher Conference
Week 2	10 Hamburger Macaroni & Cheese ¾ c. Vegetable ½ c. Fruit Milk Variety	TACO TUESDAY 11 Chicken Fajita Strips Cheese Nacho's on W/G Tortilla Chips ¾ c. Vegetable ½ c. Fruit Milk Variety	12 Alfredo w/ W/G Noodles ¾ c. Vegetables ½ c. Fruit Milk Variety	13 Cold Ham Sandwich Chips ¾ c. Vegetables ½ c. Fruit Milk Variety
Week 3	17 NO SCHOOL PRESIDENTS' DAY	TACO TUESDAY 18 Street Taco's W/ Green Sauce Pulled Pork ¾ c. Vegetable ½ c. Fruit Milk Variety	19 Chicken Nuggets Macaroni & Cheese ¾ c. Vegetables ½ c. Fruit Milk Variety	20 Corndog ¾ c. Vegetable ½ c. Fruit Milk Variety
Week 4	24 Meatballs Brown Gravy over Mashed Potatoes ¾ c. Vegetable ½ c. Fruit Milk Variety	TACO TUESDAY 25 Chicken Taco Spanish Rice ¾ c. Vegetable ½ c. Fruit	26 Grilled Ham and Cheese Sandwich ¾ c. Vegetables ½ c. Fruit Milk Variety	27 Salisbury Steak Mashed Potatoes White Gravy ¾ c. Vegetable ½ c. Fruit Milk Variety
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