

# February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
<b>Breakfast Price</b> \$1.50  Reduced- \$.30	<b>Lunch Prices</b> Elem- \$2.30 Jr/Sr High \$2.40  Reduced- \$.40	<u>All Meals Include</u> <b>Milk</b> <b>Fruit</b> <b>Vegetable</b>	1 Chicken & Noodles Potatoes / Gravy Roll Choice: Sloppy Joe	2 Cheeseburger French Fries Choice: Bosco Sticks Marinara Pizza Calzone	<b>Grab and Go Breakfast:</b> <b>Choice of</b>  <b>Banana Bread</b> <b>Cereal</b> <b>Wg. Donuts</b> <b>Poptarts</b>
5 Corn Dog Baked Beans  Choice: Chicken Sandwich Hot Wings w/ Roll	6 Nacho Bar Refried Beans  Choice: Deli Wrap	7 Homemade Cheese Pizza Tater Tots Choice: Alfredo Pizza BBQ Chicken Pizza	8 Popcorn Chicken Potatoes / Gravy Roll Choice: Mozzarella Sticks Marinara	9 Hot Dog Chips / Salsa  Choice: Chicken Tender Wrap Mozzarella Bread Sticks	<b>Includes</b> <b>Fruit</b> <b>Milk</b> <b>Juice</b>  <b>\$1.50</b>
12 Cheeseburger Fries  Choice: Orange Chicken & Rice w/ Roll Pizza Calzone	13 Taco Bar Refried Beans  Choice: BBQ Rib Sandwich	14 Domino's Pizza Tater Tots  Choice: Hot Dog	15 Chicken Strips Potatoes / Gravy Roll Choice: Teriyaki Bites w/ Roll	16 Chicken Drumstick Au Gratin Potatoes Choice: Corn Dog	
19 Pepperoni Pizza Tater Tots  Choice: Cheeseburger Deli Wrap	20 Nacho Bar Refried Beans  Choice: Chicken Quesadilla	21 Mostaccioli Garlic Toast Side Salad Choice: Chicken Alfredo Spicy Chicken Sandwich	22 Popcorn Chicken Potatoes / Gravy Roll Choice: Mozzarella Sticks Marinara	23 Bosco Sticks Marinara Tri Tater Choice: Hot Dog Pizza Calzone	
26 Chicken Tenders w/ Roll Baby Baker Potatoes Choice: Corn Dog General Tso & Rice w/ Roll	27 Taco Bar Refried Beans  Choice: Italian Beef Sandwich	28 Domino's Pizza Tater Tots Choice: Hot Dog			<b>"This institution is an equal opportunity provider."</b>
				<b>Menu subject to change without notice.</b>	

## Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

**Meat or Meat Alternate,**  
**Grain,**  
**Fruit, Vegetable**  
**and of course, Milk!**

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a **fruit** or **vegetable**. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

**Here's an example menu:**

**Cheeseburger** on a **Bun**  
1/2 cup **Carrots**  
1/2 cup **French Fries**  
1/2 cup **Peaches**  
8oz of **Milk**

**So, your child could choose:**

**Cheeseburger** on a **Bun** and **Fries**  
**Carrots, Peaches** and **Milk**  
**Cheeseburger** on **Bun, Peaches** and **Milk**

**Of course they can take other combinations or all 5 food groups!**

**The choice is up to them!**

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her **fruit** and **vegetable** choices!

**Don't forget about breakfast!** Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a **fruit** or **vegetable**.