

February 2022

Lunch includes entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is BEETS

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|--|--|---|--|---|
| BREAKFAST: Free to All Students 21-22 School Year Adult: \$2.00 | Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk | Grilled Ham 'n' Cheese w/ Fruit and Milk | Breakfast Burrito Fruit and Milk | Biscuits and Gravy Fruit and Milk | Muffin w/ String Cheese, Fruit, Milk | |
| | Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk | | | | | |
| LUNCH: Free to All Students for the 21-22 School Year Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more! | PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646 | | | | | |
| | | 1 Pizza, Hoagies or PBJ w/ Fruit, Veg and Milk | 2 Cheeseburger, Hoagies or PBJ | 3 Pizza or Hoagies or PBJ Fruit, Veg and Milk | 4 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk | |
| | 7 Chicken Patty or Beef Nachos, Hoagie or PBJ Fruit, Veg, Milk | 8 Pizza or Hoagie or PBJ Fruit, Veg, Milk | 9 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk | 10 Pizza, Hoagies or PBJ, Fruit, Veg and Milk | 11 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk | |
| | 14 Chicken Patty or Chicken Stir Fry, Hoagie or PBJ, Fruit, Veg and Milk | 15 Pizza or Hoagie or PBJ Fruit, Veg, Milk | 16 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk | 17 Pizza, Hoagie or PBJ Fruit, Veg and Milk | 18 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk | |
| | 21 NO SCHOOL PRESIDENTS DAY | 22 Pizza, Hoagie or PBJ Fruit, Veg, Milk | 23 Cheeseburger on WG Bun or Hoagie or PBJ w/ Fruit, Veggie or Milk | 24 Pizza, Hoagies or PBJ W/ Fruit, Veggie, Milk | 25 Hot Ham and Cheese Grilled Sandwich, Hoagie, or PBJ, Fruit, Veg, Milk | |
| | 28 Chicken Patty on WG Bun or Spaghetti and Meatballs, Hoagie, PBJ | | | | | |
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| | Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories | | | | | |
| | GRILL MENU | Grilled or Breaded Chicken Patty on WG Bun | Pizza | MT Beef Burgers On WG Bun | Pizza | MT Beef Burgers |
| | SANDWICH & SALADS* | Caesar Salad w/ Chicken | Egg Salad | Ham or Turkey Hoagie w/ Cheese | Tuna Salad Sandwich on WG Bread | Pasta Salad w/ Ham or Salami, Dinner Roll |
| Available Daily: Assorted Deli Sandwiches, PB&J, Chef Salad Unlimited Fruit and Veggies | | | | | | |

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| FRUIT Selection | Apples, Oranges, Dried Mixed Fruit | Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit | Fresh Berries or Grapes, Apples, Dried Mixed Fruit | Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit | Apples, Oranges, Dried Mixed Fruit |
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