

February 2023

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: Students: \$1.75 Reduced: .30 Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt 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: Students: \$3.00 Reduced: .40 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 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
			1 CHEESEBURGER AND BAKED CHIPS EARLY OUT	2 SLOPPY JOES W/ COLESLAW	3 BOSCOS W/ MARINARA
	6 CHICKEN TENDERS W/ BICUIT AND HONEY	7 BBQ PORK WG BUN AND COLESLAW	8 CHEESEBURGER AND BAKED CHIPS EARLY OUT	9 SPAGHETTI W/ MEAT SAUCE, DINNER ROLL	10 CORN DOG W/ BAKED BEANS
	13 CHICKEN TENDERS W/ BISCUIT AND HONEY	14 BEEFY NACHOS W/ CHEESE, SALSA AND SOUR CREAM	15 CHEESEBURGER AND BAKED CHIPS EARLY OUT	16 SLOPPY JOES W/ COLESLAW	20 BOSCOS W/ MARINARA EARLY OUT
	20 NO SCHOOL	21 CHICKEN TACOS W/ SALSA, CHEESE AND SOUR CREAM	22 CHEESEBURGER AND BAKED CHIPS EARLY OUT	23 SPAGHETTI W/ MEAT SAUCE W/ DINNER ROLL	24 CORN DOGS W/ BAKED BEANS
	27 CHICKEN TENDERS W/ BISCUIT AND HONEY	28 BEEFY NACHOS W/ CHEESE, SALSA AND SOUR CREAM			
	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					
SANDWICH & SALADS*					

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

December Harvest of the Month:
Lentils

