Menus for February

Monday, February 3

Breakfast

Muffin or Yogurt w/ Granola Fruit & Juice Non-Fat or 1% White Milk

Lunch

Fish Sticks & Tater Tots w/ Corn Bread Fresh Fruit & Veggie Bar % White or Non-Fat Chocolate/White Milk

Tuesday, February 4 **Breakfast**

Pancake on a Stick or Strawberry Parfait Fruit & Juice Non-Fat or 1% White Milk

Lunch

Cheesy Nachos w/ Refried Beans Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Wednesday, February 5 **Breakfast**

Sausage & Cheese Biscuit or Pumpkin Bread Fruit & Juice Non-Fat or 1% White Milk

Lunch

Crispy Chicken Nuggets w/ Onion Rings Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Thursday, February 6 **Breakfast**

Sausage & Cheese Pocket or Breakfast Cereal Fruit & Juice Non-Fat or 1% White Milk

Lunch Chicken Gravy

w/ Mashed Potatoes Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Friday, February 7 **Breakfast**

Freshly Baked Cinnamon Roll or Mini Waffles Fruit & Juice Non-Fat or 1% White Milk

Lunch

Hot Diggity Dog Bethel Baked Beans Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Monday, February 10

Breakfast

Muffin or Yogurt w/ Granola Fruit & Juice Non-Fat or 1% White Milk

Lunch

Personal Cheese Pizza w/ Kernel Corn Fresh Fruit & Veggie Bar % White or Non-Fat Chocolate/White Milk

Tuesday, February II

Breakfast

Ham & Egg Combo Bar (Contains Pork) or Peach Parfait Fruit & Juice Non-Fat or 1% White Milk

Lunch

Teriyaki Beef Dippers w/ Chow Mein Noodles Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Wednesday, February 12 Breakfast

Croissant Breakfast Sandwich or Cream Cheese Bagel Bar Fruit & Juice Non-Fat or 1% White Milk

Lunch

Chicken & Waffle

Fresh Fruit & Veggie Bar I% White or Non-Fat Chocolate/White Milk

Thursday, February 13 Breakfast

Sausage Breakfast Pizza (Contains Pork) or Breakfast Cereal Fruit & Juice

Happy Valentines Day

Valentine Nuggets Crispy French Fries & Roll Fresh Fruit & Veggie Bar l% White or Non-Fat Chocolate/White Milk

Friday, February 14

HAPPY VALENTINE'S DAY!



FEBRUARY 14

Monday, February 17

Presidents' Day



No School Today

Tuesday, February 18



School Todav

Wednesday, February 19 **Breakfast** Mini Cinnamon Rolls or

Muffin Fruit & Juice Non-Fat or 1% White Milk

Lunch

Cheesy Twist Bread Stick w/ Tomato Soup Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Thursday, February 20 **Breakfast**

Sausage & Egg Burrito or Breakfast Cereal Fruit & Juice Non-Fat or 1% White Milk

Lunch

Orange Chicken Whole Grain Rice Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Milk

Friday, February 21 **Breakfast**

Yeehaw! Cowboy bread or Mini French Toast Fruit & Iuice Non-Fat or 1% White Milk

Lunch

Corn Diggity Dog

Fresh Fruit & Veggie Bar I% White or Non-Fat Chocolate/White Milk

Monday, February 24

Breakfast

Muffin or Yogurt w/ Granola Fruit & Juice Non-Fat or 1% White Milk

Lunch

Mini Cheese Calzones w/ Kernel Corn Fresh Fruit & Veggie Bar I% White or Non-Fat Chocolate/White Milk

Tuesday, February 25

Breakfast

Pancake on a Stick or Strawberry Parfait Fruit & Juice Non-Fat or 1% White Milk

Lunch

Chicken Tortilla Soup

Fresh Fruit & Veggie Bar % White or Non-Fat Chocolate/White Milk

Wednesday, February 26 **Breakfast**

Sausage & Cheese Biscuit or Pumpkin Bread Fruit & Juice Non-Fat or 1% White Milk

Lunch

Crispy Chicken Egg Roll w/ Fried Rice Fresh Fruit & Veggie Bar

I% White or Non-Fat Chocolate/White Milk

Thursday, February 27

Breakfast

Sausage & Cheese Pocket or Breakfast Cereal Fruit & Juice Non-Fat or 1% White Milk

Lunch

Mini Cheese Raviolis w/ Green Beans Fresh Fruit & Veggie Bar 1% White or Non-Fat Chocolate/White Mill

Friday, February 28

Breakfast

Freshly Baked Cinnamon Roll or Mini Waffles Fruit & Juice Non-Fat or 1% White Milk

Lunch

Cheeseburger w/ Crispy French Fries Fresh Fruit & Veggie Bar % White or Non-Fat Chocolate/White Milk

ELEMENTARY MENU FOR BETHEL SCHOOL DISTRICT

This institution is an equal opportunity provider. Menus are subject to change.