

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Soft Taco Cheesy Refried Beans Tropical Fruit Applesauce Cup	3 Cheesy Tortellini & Creamy Alfredo Sauce Whole Grain Breadstick Green Peas Diced Pears Fresh Apple Slices	4 Homemade Chicken Fried Rice Whole Grain Fortune Cookie Fresh Steamed Broccoli Mandarin Oranges Applesauce Cup	5 Crispy Chicken Tenders Fresh Baked Biscuit Creamy Mashed Potatoes w/ Gravy Diced Peaches Fresh Banana	6 Homemade Grilled Cheese Creamy Tomato Soup Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup
9 Cheesy Bosco Sticks w/ Marinara Sauce Honey Glazed Carrots Tropical Fruit Applesauce Cup	10 Crispy Chicken Sandwich Italian Green Beans Diced Pears Fresh Apple Slices	11 Beef Nachos Golden Sweet Corn Mandarin Oranges Applesauce Cup	12 Homemade Macaroni & Cheese Fresh Steamed Broccoli Diced Peaches Fresh Banana	13 Grilled Cheeseburger or Hamburger Oven Baked Fries Frozen Strawberry Cup Fresh Apple Slices Special Valentine's Treat!!
16 	17 Grilled Hot Dog BBQ Baked Beans Diced Pears Fresh Apple Slices	18 Savory Orange Chicken Fluffy Brown Rice Fresh Steamed Broccoli Mandarin Oranges Applesauce Cup	19 Salisbury Steak w/ Whole Grain Dinner Roll Creamy Mashed Potatoes & Gravy Diced Peaches Fresh Banana	20 Homemade Cheese Pizza Golden Sweet Corn Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup
23 Crispy Chicken Nuggets w/ Whole Grain Dinner Roll Creamy Mashed Potatoes & Gravy Tropical Fruit Applesauce Cup	24 Mexican Fiestada Pizza Golden Sweet Corn Diced Pears Fresh Apple Slices	25 Cinnamon French Toast Sticks w/ Turkey Sausage Links Crispy Tater Tots Mandarin Oranges Applesauce Cup	26 Homemade Italian Dunkers w/ Marinara Sauce Fresh Steamed Broccoli Diced Peaches Fresh Banana	27 Grilled Cheeseburger or Hamburger Oven Baked Sweet Potato Fries Frozen Strawberry Cup Fresh Apple Slices

Enjoy a sweet treat
at lunchtime.

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, Fat Free Chocolate

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Fresh Made Turkey or Ham Chef Salad

Grape or Strawberry Peanut Butter & Jelly w/ Whole Grain Crackers and String Cheese