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Numbers in ( ) indicate the carb counts for that item.

### Available Daily

Assorted Cereal

WW Toast(13.4) w/Jelly(9.8)

Tossed Salad(3.57) & Apple 25 Orange 15.39

Juice(15) and 1% Milk(13),

Skim(13), Reduced Sugar Vanilla

Fat Free(22), Reduced Fat

Chocolate(28), Reduced Fat Strawberry(32)

Available Upon Request:

Plain Baked Potato(36.6/6oz), Chef Salad(10),

Grilled Cheese(27.12), or PB & J(63.6)

\*Indicates Bonus Item

^May contain Pork

~May contain Turkey

#Check with cafeteria manager for carb count

Students may have additional bread choices

MENUS ARE SUBJECT TO CHANGE  
WITHOUT NOTICE

### Wednesday, February 1

BREAKFAST

Pillsbury Mini Cinnis(40)

LUNCH

Schwann's Flatbread Pizza(50)

Oven Seasoned Fries(22.11)

Tossed Salad(3.57)

Fruit Cup(13.71-19.04)

### Thursday, February 2

BREAKFAST

Whole Grain Maple Glazed French Toast(26)

LUNCH

Philly Cheese Steak (41)

Green Peas(11)

Carrot/Celery Sticks w/Dip(6.6)

Apricots(20.86)

### Friday, February 3

BREAKFAST

Turkey Bacon Biscuit(25)

LUNCH

Chopped BBQ Sandwich(23.3)

Baked Beans(36)

Coleslaw(9.04)

Apples w/Oatmeal Topping(63.50)

### Monday, February 6

BREAKFAST

Super Donut(30)

Scrambled Eggs(Trace)

LUNCH

Hamburger w/Lettuce & Tomato(23.11)

Tater Tots(19)

Crispy Mexican Corn(15)

Pineapple Pleasure(27.65)

### Tuesday, February 7

BREAKFAST

Kellogg's Whole Grain

Brown Sugar & Cinnamon Pop-tart(74)

HAPPY BIRTHDAY LUNCH

Chicken Nuggets(12)/Whole Wheat Roll(15)

Creamed Potatoes(18.5)

Green Beans(4)

Jello 'n Fruit(31)

### Wednesday, February 8

BREAKFAST

Cheese Omelet (3.15)w/Toast(13.4)

LUNCH

Hot Dog w/Chili(26.1) & Coleslaw(9.04)

Potato Wedges(20)

Baked Beans(36)

Peach Cup(30)

Cookie\*(9.5)

### Thursday, February 9

BREAKFAST

State Fair Breakfast Bites(14)

LUNCH

Chicken on Whole Wheat Bun(32)

Mac 'n Cheese\*(8 per 2 oz)

Field Peas(18)

Tossed Salad(2.9)

Strawberry Cup(33)

### Friday, February 10

BREAKFAST

Kellogg's Whole Grain Frosted Strawberry

Pop-tart(74)

LUNCH

Sloppy Jo on Whole Wheat Bun(32)

Northern Beans(16)

Tossed Salad(2.9)

Cherry Crisp(30.53 for 1/4 cup srvg)

February is National Heart Month

Eat Healthy  
Get Active  
Move More



**MONDAY, FEBRUARY 13**

**BREAKFAST**

Sausage Biscuit(27.15)

**LUNCH**

Turkey 'n Gravy(3)/Whole Wheat Roll(12)

Sweet Potatoes(20.59)

Leafy Greens(1)

Apple Bites(25)

**TUESDAY, FEBRUARY 14**

**BREAKFAST**

MANAGER'S CHOICE

**LUNCH**

Spaghetti w/Meat Sauce(29)/Breadstick(21)

Broccoli Florets(5.6)

Garden Salad(2.9)

Strawberries 'n Crème(40)

**WEDNESDAY, FEBRUARY 15**

**BREAKFAST**

Bake Crafters Whole Grain Blueberry Muffins(25)

**LUNCH**

Mozzarella Cheese Sticks(58)

Chicken Noodle Soup(8) w/Crackers(16c for 4)

Tossed Salad(3.57)

Fruit Cocktail(17.88)

Cookie\*(9.5)

**THURSDAY, FEBRUARY 16**

**BREAKFAST**

Egg, Cheese, Potato & Salsa Breakfast Sandwich(28)

**LUNCH**

Turkey Taco w/Lettuce & Tomato(15)

Pinto Beans(22)

Corn Cobbette(18.3)

Peaches(18)

**FRIDAY, FEBRUARY 17**

TEACHER WORKDAY FOR  
TRADITIONAL SCHOOLS ONLY

YEAR ROUND & EARLY COLLEGE MENU

**FRIDAY, FEBRUARY 17**

**BREAKFAST**

MANAGER'S CHOICE

**LUNCH**

Macaroni & Cheese w/Canadian Bacon(12/3oz)

Whole Wheat Roll(12)

Succotash(17.75)

Vegetable Salad(3.57)

Cherry Crisp(30.53 for 1/4 cup srvg)

**MONDAY, FEBRUARY 20**

TEACHER WORKDAY FOR  
TRADITIONAL SCHOOLS ONLY

YEAR ROUND & EARLY COLLEGE MENU

**MONDAY, FEBRUARY 20**

**BREAKFAST**

Kellogg's Crunchmania(37)

**LUNCH**

MANAGER'S CHOICE

**TUESDAY, FEBRUARY 21**

**BREAKFAST**

Super Bakery Whole Wheat Banana Mini

Loaf(30)

**LUNCH**

Submarine w/Turkey, Ham & Cheese(25.64)

Oven Fries(20)

Carrot Sticks w/Dip(6.6)

Apple Crisp(63.50)

**WEDNESDAY, FEBRUARY 22**

**BREAKFAST**

Eggo Blueberry Mini Pancakes(34)

**LUNCH**

Chicken/Cheese Quesadilla(28)

Great Northern Beans(16)

Tossed Salad(2.9)

Polish Fruit Freeze(26)

**THURSDAY, FEBRUARY 23**

**BREAKFAST**

Chicken Biscuit(32)

**LUNCH**

Fish Fillet on Whole Wheat Bun(41)

Potato Smiles(25 for 6 pcs)

Cabbage(4.13)

Fresh Fruit(Apple 25 Orange 15.39)

**FRIDAY, FEBRUARY 24**

**BREAKFAST**

Cheese Toast(16)

**LUNCH**

Turkey Corn Dog(26)

Sweet Potato Fries(25)

Coleslaw(9.04)

Stewed Apples(22.56)

**MONDAY, FEBRUARY 27**

**BREAKFAST**

Eggo Maple Mini Pancakes(34)

**LUNCH**

Salisbury Steak (7.36)

Whole Wheat Roll(12)

Mashed Potatoes(18.5)

Seasoned Greens(1)

Fruit Mallow Cup(41.65)

**TUESDAY, FEBRUARY 28**

**BREAKFAST**

Pillsbury Frudel(36)

**LUNCH**

Chicken Stir Fry(11.12)

Egg Roll(20 for 1)

Rice Pilaf\*(22)

Garden Salad(2.9)

Strawberry Cup(33)

**WEDNESDAY, FEBRUARY 29**

**BREAKFAST**

Tac-Go with Egg, Cheese and Turkey

Sausage Breakfast Sandwich(14)

**LUNCH**

Teriyaki Meatballs w/ Mozzarella(12)

Breadstick(29)

Relish Cup w/Dip(6.6)

Green Beans(4)

Pineapple Pleasure(27.65)

**THINGS TO REMEMBER**

If you do not have a free or reduced meal application on file you can apply anytime.

We are happy to take checks for payments of meals but there will be a \$25.00 fee for any check that is returned insufficient. We do not take counter checks or third party checks.

**TEACHER WORKDAYS  
TRADITIONAL SCHOOLS ONLY**

**Feb 17th & 20th**

See other side for items available daily.