

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

FEBRUARY 2018

Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, entrée salads, yogurt, cereal, main entrée and alternate

Monday

Tuesday

Wednesday

Thursday

Friday

Grab 'N Go Breakfast **5**
Grilled Cheese
Tomato Soup w/Crackers
Carrot & Celery Sticks

Alt: Cheeseburger

Grab 'N Go Breakfast **12**
Turkey BBQ
Steamed Mixed Veggies
Waffle Fries

Alt: Pizza

SCHOOLS CLOSED
PRESIDENT'S HOLIDAY **19**



Grab 'N Go Breakfast **26**
Homemade Meatloaf
Mashed Potatoes, Carrots
Dinner Roll

Alt: Hot Dog on a WG Roll

Grab 'N Go Breakfast **6**
Cheesesteak on WG Roll
Steamed Broccoli
Tator Tots

Alt: Cheeseburger

Grab 'N Go Breakfast **13**
Cheeseburger on Pretzel Roll
Sautéed Fresh Zucchini
Baked Beans
Fat Tuesday Donut

Alt: Pizza

Grab 'N Go Breakfast **20**
Nachos Grande
w/Lettuce, Tomatoes,
Cheese, Santé Fe Rice

Alt: Chicken Wrap

Grab 'N Go Breakfast **27**
Turkey, Bacon, Cheese,
Lettuce Wrap
w/Ranch Dressing, Broccoli,
Baked Beans

Alt: Hot Dog on a WG Roll

Grab 'N Go Breakfast **7**
Bulldog Bowl
Popcorn Chicken,
Corn, Mashed Potatoes

Alt: Cheeseburger

Ash Wednesday / Valentine's Day
 Grab 'N Go Breakfast **14**

Heart Shaped Chicken Nuggets
Crispy Fries, Veggie Cup w/Dip
Strawberry Jell-O w/Whipped
Topping

Alt: Tuna Wrap

Grab 'N Go Breakfast **21**
Hot Dog on WG Roll
Homemade Mac & Cheese
Stewed Tomatoes

Alt: Chicken Wrap

Grab 'N Go Breakfast **28**
Grilled Chicken BBQ & Cheese
Crispy Fries
Celery, Carrots & Dip

Alt: Hot Dog on a WG Roll

Grab 'N Go Breakfast **1**
Chicken Nuggets w/Sauce
Steamed Carrot Coins
Soft Pretzel

Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **8**
Breaded Pork Chop
Baked Beans, Applesauce
Whole Grain Roll

Alt: Cheeseburger

Grab 'N Go Breakfast **15**
French Toast Stix w/Syrup
Sausage Patty
Tator Triangles

Alt: Pizza

Grab 'N Go Breakfast **22**
Bulldog Bowl
Popcorn Chicken,
Corn, Mashed Potatoes

Alt: Chicken Wrap

Grab 'N Go Breakfast **2**
SUPERBOWL PARTY!
Beef Taco or Taco Salad
Lettuce, Tomato, Cheese,
Nacho Chips

Black Bean Salsa
 Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **9**
Chicken Patty on WG Roll
Tossed Veggie Salad
w/dressing, Steamed Veggies

Alt: Cheeseburger

Grab 'N Go Breakfast **16**
Mozzarella Stuffed Breadstick
w/Marinara Sauce
Romaine Veggie Salad, Peas

Alt: Peanut Butter & Jelly

Grab 'N Go Breakfast **23**
Personal Pan Pizza
Steamed Veggies
Caesar Salad

Alt: Fish Sticks w/Tartar Sauce

Included with all meals is a choice of:
 Fruit, Juice or Milk

Breakfast: \$1.95
 Lunch: \$2.80

Reduced Breakfast: \$0.30
 Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE

