



# FEBRUARY 2023 BREAKFAST MENU

**CEREAL W/ POPTART &  
FRUIT AVAILABLE EVERY  
DAY**

**OTHER ITEMS AVAILABLE  
EVERY DAY**

**Yogurt  
Extra Fruit  
Milk**

**\*100% fruit juice offered  
some days**

## *Monthly Health Tip*

Whether it's a sandwich or wrap, vegetables make great additions to both. For extra flavor, try tomatoes, lettuce, or avocado at your next meal!

*\*All meals are reimbursable.*

*\*All student meals are free as we participate in a program called CEP (Community Eligibility Provision).*

**MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> BREAKFAST BURRITO W/ FRUIT	<b>2</b> WAFFLE W/ FRUIT	<b>3</b> CINNAMON ROLL W/ FRUIT
<b>6</b> BREAKFAST SANDWICH W/ FRUIT	<b>7</b> SWEET BREAD W/ FRUIT	<b>8</b> BREAKFAST BURRITO W/ FRUIT	<b>9</b> WAFFLE W/ FRUIT	<b>10</b> SWEET BREAD W/ FRUIT
<b>13</b> BREAKFAST SANDWICH W/ FRUIT	<b>14</b> MUFFINS W/ FRUIT	<b>15</b> BREAKFAST BURRITO W/ FRUIT	<b>16</b> MUFFINS W/ FRUIT	<b>17</b> IN-SERVICE DAY NO SCHOOL
<b>20</b> HOLIDAY NO SCHOOL	<b>21</b> SCONE W/ FRUIT	<b>22</b> TURNOVER W/ FRUIT <b>Ash Wednesday</b>	<b>23</b> BREAKFAST BURRITO W/ FRUIT	<b>24</b> TURNOVER W/ FRUIT
<b>27</b> BREAKFAST SANDWICH W/ FRUIT	<b>28</b> CINNAMON ROLL W/ FRUIT			



# FEBRUARY | 2023 LUNCH MENU

## ITEMS AVAILABLE EVERY DAY

Side Salad w/ Asst Dressing  
Fresh/Canned Fruit  
Milk  
Water

### Monthly Health Tip

Whether it's a sandwich or wrap, vegetables make great additions to both. For extra flavor, try tomatoes, lettuce, or avocado at your next meal!

*\*All meals are reimbursable.*

*\*All student meals are free as we participate in a program called CEP (Community Eligibility Provision).*

**MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Fish Sticks</b> <b>Mac 'n Cheese</b> <b>Broccoli</b> Ham & Turkey Flatbread	<b>2</b> <b>Grilled Cheese Sandwich</b> <b>Tomato Soup</b> Ham & Turkey Flatbread	<b>3</b> <b>Pizza</b> <b>Wedding Soup</b> <b>Carrots</b> Ham & Turkey Flatbread
<b>6</b> <b>Chicken Tenders</b> <b>Baked Beans</b> <b>Dinner Roll</b> Italian Wrap	<b>7</b> <b>BBQ Bacon Chicken Sandwich</b> <b>Broccoli</b> Italian Wrap	<b>8</b> <b>Nacho Grande</b> <b>Corn</b> Italian Wrap	<b>9</b> <b>Breakfast Pizza</b> <b>Fruit</b> Italian Wrap	<b>10</b> <b>Corndog</b> <b>Peas</b> Italian Wrap
<b>13</b> <b>Chicken Nuggets</b> <b>Cookies</b> <b>Broccoli</b> Pepperoni Sandwich	<b>14</b> <b>BBQ Pulled Pork Sandwich</b> <b>Vegetable</b> Pepperoni Sandwich	<b>15</b> <b>Cheeseburger</b> <b>Baked Beans</b> <b>Vegetables</b> Pepperoni Sandwich	<b>16</b> <b>Omelet</b> <b>French Toast</b> <b>Bacon &amp; Fruit Cup</b> Pepperoni Sandwich	<b>17</b> <b>IN-SERVICE DAY</b> <b>NO SCHOOL</b>
<b>20</b> <b>HOLIDAY</b> <b>NO SCHOOL</b>	<b>21</b> <b>Chicken Patty Sand</b> <b>Chips</b> <b>Baked Beans</b> PB&J Sandwich	<b>22</b> <b>Mac 'n Cheese Roll/ Broccoli</b> PB&J Sandwich <b>Ash Wednesday</b>	<b>23</b> <b>Omelet</b> <b>French Toast</b> <b>Bacon &amp; Fruit Cup</b> PB&J Sandwich	<b>24</b> <b>Pizza</b> <b>Wedding Soup</b> <b>Carrots</b> PB&J Sandwich
<b>27</b> <b>Hot Dog</b> <b>Baked Beans</b> <b>Peas</b> Ham & Turkey Flatbread	<b>28</b> <b>Chili</b> <b>Chips</b> <b>Vegetables</b> Ham & Turkey Flatbread			