



February 2010

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Pizza Fruit or Juice	2 Asst. Cereals Granola Bar Fruit or Juice	3 Breakfast on a Stick Fruit or Juice	4 Cinnamon Twist Fruit or Juice	5 No School
8 Breakfast Pizza Fruit or Juice	9 French Toast Sticks Bacon Slice Fruit or Juice	10 Breakfast on a Stick Fruit or Juice	11 Blueberry Muffin Fruit or Juice	12 Asst. Cereals Breakfast Round Fruit or Juice
15 Breakfast Pizza Fruit or Juice	16 Cinnamon Twist Fruit or Juice	17 Asst. Cereals Potato Triangle Fruit or Juice	18 Plain Bagel Toast Sausage Fruit or Juice	19 Waffle Sausage Link Fruit or Juice
22 Breakfast Pizza Fruit or Juice	23 Asst. Cereals Cheese Max Stick Fruit or Juice	24 Breakfast on a Stick Fruit or Juice	25 Banana Mini Loaf Fruit or Juice	26 Sunshine Muffins Fruit or Juice

MEAL PRICES:

K-4th Breakfast	\$1.25
K-4th Lunch	\$1.85
5th-12th; Breakfast	\$1.35
5th-12th Lunch	\$2.00
Reduced Breakfast	\$0.30
Reduced Lunch	\$0.40
Extra Milk	\$0.35

PLEASE NOTE: Snack milks and more than one milk consumed at breakfast or lunch are 35¢ each, as their cost *is not* covered by the Free and Reduced State Lunch Program.

Milk is served with all meals. Menus are subject to change. All breakfasts are served with milk and juice or fruit.



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LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Avg for Grades K-4
1 Chicken Pattie on a Bun Seasoned Rice Peas Apple Crisp Cals. 816, Fiber 5.4 G., Prot. 35.1 G., Carbs. 124.2 G., T. Fat 17.8 G.	2 Chile w/Crackers Carrots Peach Half Cinnamon Roll Cals. 650, Fiber 9.3 G., Prot. 30.8 G., Prot. 30.8 G., Carbs 111.5 G., T. Fat 9.4 G.	3 Chicken & Noodles Whipped Potatoes Green Beans Pineapple w/Strawberry Glaze Wheat Roll Cals. 618, Fiber 5.8 G, Prot. 26.8 G., Carbs. 99.5 G., T. Fat 13 G.	4 Peanut Butter & Jelly Asst. Chips Granola Bar Fresh Apples Cals. 780, Fiber 7.8 G., Prot. 22.9 G., Carbs. 114.1 G., T. Fat 27 G.	5 No School	Cals. 716 Fiber 7.1 G Carbs. 112.3 G T. Fat 16.8 G
8 Mexican Burrito Macaroni & Corn Bake Pudding Pears Cals. 742, Fiber 10.5 G., Prot. 28.6 G., Carbs. 119.4 G., T. Fat 17.9 G.	9 Hamburger on a Bun Ranch Cut Potato Fruit w/Kiwi Carrot Sticks Cals. 659, Fiber 4.7 G., Prot. 29.3 G., T. Fat 24 G.	10 Pepperoni Pizza Salad w/Dressing Corn on the Cob Fresh Pear Half Cals. 630, Fiber 7.1 G., Prot. 28.8 G., Carbs. 90.4 G., T. Fat 19.2 G.	11 Spaghetti w/Meat Sauce Salad w/Dressing Green Beans Garlic Roll Cals. 622, Fiber 6.9 G., Prot. 25.9 G., Carbs. 90.6 G., T. Fat 17.7 G.	12 Biscuits w/Gravy Hash Brown Potato Fruit w/Strawberries/Apples Yogurt Cals. 780, Fiber 5.2 G., Prot. 19 G., Carbs 127.1 G., T. Fat 22.2 G.	Cals. 687 Fiber 6.9 G. Carbs. 102 G. T. Fat 20.2 G.
15 Chicken Nuggets Whipped Potatoes w/ Gravy Peas Rosy Applesauce Bread & Oleo Cals. 702, Fiber 12.6 G., Prot. 30.6 G., Carbs. 111.7 G., T. Fat 13.9 G.	16 Crispito w/Cheese Sauce Orange Halves Spanish Rice Cinnamon Bun Cals. 696, Fiber 5.9 G., Prot. 25.8 G., Carbs. 96.7 G., T. Fat 22.4 G.	17 Macaroni & Cheese Little Smokies Tossed Salad Peach Half Spice Cake Cals. 635, Fiber 3.1 G., Prot. 21.3 G., Carbs. 93.1 G., T. Fat 19.8 G.	18 BBQ Beef on a Bun Macaroni & Corn Bake Ranch Cut Potato Pineapple Chunks Cals. 814, Fiber 4.9 G., Prot. 38.5 G., Carbs. 109.3 G., T. Fat 25.5 G.	19 Tuna Sandwich on a Bun Dill Pickles Applesauce Jello w/Fruit Peanut Butterscotch Bars Cals. 763, Fiber 4.4 G., Prot. 30.1 G., Carbs. 110.4 G., T. Fat 23.9 G.	Cals. 722 Fiber 6.2 G. Carbs 104.2 G. T. Fat 21.1 G.
22 Hamburger on a Bun Oven Fries California Vegetables Fruit w/Oranges Cals. 662, Fiber 5 G., Prot. 28.6 G., Carbs. 77.9 G., T. Fat 26.5 G.	23 Ravioli Salad w/Dressing Pineapple Slice Oatmeal Roll Cals. 589, Fiber 5.5 G., Prot. 19.8 G., Carbs. 96.5 G., T. Fat 14.8 G.	24 Beef Stew Fruit w/Strawberries/Apples Slaw Cornbread Cals. 658, Fiber 7.2 G., Prot. 22.7 G., Carbs. 110.6 G., T. Fat 14.8 G.	25 Cook's Choice	26 Peanut Butter & Jelly (K-4th) Fish Sandwich (5th-12th) Salad Corn Apple Crisp Cals. 687, Fiber 5.6 G., Prot. 21.8 G., Carbs. 102.4 G., T. Fat 23.6 G.	Cals. 649 Fiber 5.8 G. Carbs. 96.8 G T. Fat 19.9 G.