

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Beef Walking Tacos</b> 1 Assorted taco toppings Refried beans Fruit choice* Milk choice*	<b>WG Grilled Cheese Tomato Soup with WG Crackers</b> 2 Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*
<b>Hamburger/Cheeseburger/Veggie Burger on WG Bun</b> 5 Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Popcorn Chicken Bowl w/ Mashed Potatoes and Corn</b> 6 WG dinner roll Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Pasta with Meat Sauce and Marinara Sauce</b> 7 Steamed green beans Rainbow veggie bar WG Garlic breadstick Fruit choice* Milk choice*	<b>WG Chicken Tenders</b> 8 Steamed broccoli Brown rice Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Corn Dog</b> 9 Steamed mixed veggies Tossed garden salad Rainbow veggie bar Fruit choice* Milk choice*
<b>Nachos Grande'</b> 12 Assorted fresh toppings Spanish rice Black bean and corn salsa Fruit choice* Milk choice*	<b>Chicken and Alfredo Sauce with WG Pasta</b> 13 WG Garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Cheese Pizza</b> 14 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Chicken Sandwich</b> 15 Lettuce and tomato slices Oven baked beans Fruit choice* Milk choice*	<b>Bosco Sticks</b> 16 Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
<b>No School Staff Development Day Presidents Day</b> 19	<b>All Beef Hotdog on WG Bun</b> 20 Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Pancakes with Syrup Chicken Sausage Links</b> 21 Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	<b>Beef Softshell Taco</b> 22 Brown rice Fresh fixings Black bean and corn salsa Fruit choice* Milk choice*	<b>Ooey-Gooey Cheesebread w/ Marinara Sauce</b> 23 Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
<b>WG Shrimp Basket</b> 26 Oven baked fries Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice*	<b>WG Cheese Pizza</b> 27 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	<b>Orange Chicken</b> 28 Vegetable fried rice Steamed mixed veggies Rainbow veggie bar WG Dinner roll Fruit choice* Milk choice*	<b>Beef Walking Tacos</b> 29 Assorted taco toppings Refried beans Fruit choice* Milk choice*	

#### Cold Sandwich Choices:

Wheat PBJ Uncrustable (strawberry or grape) or Turkey and Cheese Sandwich on WG bread available daily. All include a fruit choice, a vegetable choice and a milk.

#### Salad Choice:

Pre-made salads are available daily. Salad meal includes a fruit choice, a whole grain bread choice and a milk.

**Fruit Choice:** At least one fresh fruit and one canned fruit choice will be served

#### Healthy Kids Do Better in School



Studies show that proper nutrition can help keep students focused on school work and keep their immune systems healthy to fight off the flu and colds that tend to hit hardest during winter months. Smart Choices can help your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

\*Make half your plate veggies and fruits \*Add lean protein \*Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

#### Free Meals for All Students

- ♦ **Free Meals** All students enrolled in the school district can receive a free breakfast and a free lunch every day.
- ♦ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- ♦ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.