

Monday	Tuesday	Wednesday	Thursday	Friday
			Meatballs and Gravy 1 Brown rice Steamed vegetable Fruit Milk	WG French Toast Sticks 2 Cheese Omelet Breakfast potatoes Fruit Milk
Cheeseburger on WG Bun 5 Oven baked beans Fruit Milk	WG Popcorn Chicken 6 Steamed vegetable WG Dinner roll Fruit Milk	WG Pasta with Meat Sauce 7 Steamed vegetable Fruit Milk	WG Chicken Tenders 8 WG buttered noodles Steamed vegetable Fruit Milk	WG Corndog 9 Steamed vegetable Fruit Milk
Turkey and Cheese WG Dinner roll 12 Steamed vegetable Fruit Milk choice*	Chicken and Alfredo Sauce with WG Pasta 13 WG Garlic breadstick Steamed vegetable Fruit Milk	WG Cheese Pizza 14 Steamed vegetable Fruit Milk	WG Chicken Sandwich 15 Oven baked beans Fruit Milk	Bosco Sticks 16 Marinara sauce Steamed vegetable Fruit Milk
No School Staff Development Day Presidents Day 19	All Beef Hotdog on WG Bun 20 Steamed vegetable Fruit Milk	WG Mini Pancakes and Chicken Sausage Links 21 Breakfast potatoes Steamed vegetable Fruit Milk	WG Fiestada Pizza 22 Steamed vegetable Fruit Milk	Ooey-Gooey Cheesebread w/ Marinara Sauce 23 Steamed vegetable Fruit Milk
WG Mac and Cheese 26 Steamed vegetable Fruit Milk	WG Cheese Pizza 27 Steamed vegetable Fruit Milk	WG Cheese Quesadilla 28 Steamed vegetable Fruit Milk	Meatballs and Gravy 29 Brown rice Steamed vegetable Fruit Milk	

This institution is an equal opportunity provider.



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.
- ♦ Adult 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.
- ♦ Children 12-24 months are served unflavored whole milk; children 2 and up are served unflavored 1%