February 2014

Nonfat Chocolate Milk or 1% Milk is served with all meals. Peanut Butter and Jelly Sandwiches are available every day as a menu alternative. All breads, pastas, rice, wraps, tortillas, & other baked goods are 51% or more whole grain. Our Healthy Choice Bar offers a selection of fruit and fresh vegetables daily with seasonal variations.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |   |   |  | 1 |
| 2 |  3 Blueberry Waffle Greek Yogurt or Turkey SausageHealthy Choice Bar |  4Chicken TortillasRefried BeansHealthy Choice Bar | 5Dominos PizzaHealthy Choice Bar | 6Grilled Cheese Baked BeansAnimal CrackersHealthy Choice Bar |  7Hearty Bean SoupSoft Bread StickString Cheese Healthy Choice Bar | 8 |
| 9 | 10Breakfast Wrap or FlautaGreek Yogurt or Turkey SausageHealthy Choice Bar | 11Tangerine ChickenBrown RiceHealthy Choice Bar  | 12Dominos PizzaHealthy Choice Bar | 13NO SCHOOL | 14NO SCHOOL | 15 |
| 16 | 17PRESIDENT’S HOLIDAY | 18Chicken Patty on Whole Grain BunWhole Grain Goldfish CrackersHealthy Choice Bar | 19Dominos PizzaHealthy Choice Bar | 20Turkey& Bean Chili Corn ChipsHealthy Choice Bar | 21FajitaBlack Bean SalsaHealthy Choice Bar | 22 |
| 23 | 24Mini PancakesGreek Yogurt or Turkey SausageHealthy Choice Bar | 25Teriyaki ChickenBrown RiceHealthy Choice Bar | 26Dominos PizzaHealthy Choice Bar | 27Bean & Cheese Burrito with Salsa Healthy Choice Bar | 28Tuna Salad on Whole Grain BunPBJ Graham Crax Healthy Choice Bar |  |