

# February

## Heart Health Month!

## Savor the Flavor Menu

### MIDDLE SCHOOL MENU CHOICES

**BREAKFAST:** Entrée, Fruit, Juice, Milk  
**LUNCH:** Entrée, Veggie (Pick 2), Fruit, Milk

\* Indicates Pork Product

+ Possible trace of sesame due to manufacturer

Choice of milk with breakfast & lunch  
 • 1% White  
 • Lactose-Free  
 • Fat-Free Chocolate  
 • Soy Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>National Tater Tot Day!</b> French Toast Sticks OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Bacon Cheeseburger+ Italian Salad* Yogurt & Granola Combo Nacho Box <b>Tater Tots</b> Burger Trimmings Broccoli Salad* Fresh Kiwi OR Blueberries w/Cream	<b>3</b> Dutch Waffle OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Sweet Asian Chicken w/Fried Rice Crispy Chicken Salad Wowbutter Sandwich+ Combo Breaded Chicken Wrap w/Boss Sauce Stir Fry Vegetables Raw Vegetable Medley w/Dip Celery Sticks & Grape Tomatoes Orange Smiles OR Sliced Pears	<b>4</b> Biscuit & Chicken OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Crispy Beef Tacos w/Spanish Rice Asian Chicken Salad Hummus & Cheese Bento Box Yogurt & Granola Combo Ranchero Beans Taco Trimmings Crispy Carrots & Grape Tomatoes Granny Smith Apple OR Sliced Peaches	<b>5</b> Sausage Kolache* OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Meatzza Pizza* or Cheese Pizza Italian Salad* Wowbutter Sandwich+ Combo Nacho Box Italian Green Beans Mixed Green Salad w/Ranch Cucumber & Jicama Sticks w/Tajin Fresh Banana OR Strawberry Applesauce	<b>6</b> Waffle Breakfast Sandwich OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken Tenders w/Cornbread Spicy Chicken Salad Yogurt & Chex Combo Spicy Chicken Wrap w/Ranch Mashed Potatoes w/Gravy Broccoli w/Cheese Red Bell Pepper & Crispy Carrots Sliced Apples OR Fruit Cocktail
<b>9</b> Confetti Pancakes OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk BYO: Beef or Chicken Burrito Bowl Italian Salad* Yogurt & Granola Combo Nacho Box Zesty Tomatoes & Cucumbers Mixed Green Salad w/Ranch Celery Sticks & Crispy Carrots Apple Crisps OR Diced Peaches	<b>10</b> Bean & Cheese Taco OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  <b>Asian Noodle Bowl+ w/Egg Roll</b> Crispy Chicken Salad Wowbutter Sandwich+ Combo Breaded Chicken Wrap w/Boss Sauce Savory Green Peas Hummus & Carrots Cucumber Slices w/Tajin Sliced Apples OR Strawberries w/Cream	<b>11</b>  <b>Rodeo Kick-Off!</b> <b>Biscuit w/Gravy &amp; Sausage* OR</b> Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Cheese or Beef & Cheese Nachos Asian Chicken Salad Hummus & Cheese Bento Box Yogurt & Granola Combo Ranchero Beans Mexican Street Corn Celery Sticks & Grape Tomatoes Seedless Grapes OR Natural Applesauce	<b>12</b> <b>Random Acts of Kindness Day!</b> Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Chicken & Waffles Italian Salad* Wowbutter Sandwich+ Combo Yogurt & Chex Combo <b>Smile Fries</b> Baked Beans Crispy Carrots & Red Bell Peppers Fresh Banana OR Fiesta Raisins	<b>13</b>  <b>Valentine Special!</b> <b>Pink Donut Holes &amp; Sausage* OR</b> Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk <b>Pink Sauce Spaghetti w/ or w/o Meatballs</b> w/Cheesy Bread Spicy Chicken Salad, Nacho Box Spicy Chicken Wrap w/Ranch Italian Green Beans Tossed Salad w/Ranch Raw Vegetable Medley w/Dip Orange Smiles OR Sliced Pears
<b>16</b> <b>School Holiday</b> 	<b>17</b> <b>Slush Day!</b> Sunrise Egg, Sausage & Potato Bowl* OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk BBQ or Buffalo Boneless Wings & Mac N Chz Crispy Chicken Salad Wowbutter Sandwich+ Combo Breaded Chicken Wrap w/Boss Sauce Broccoli w/Cheese Hummus & Carrots Raw Vegetable Medley w/Dip <b>Paradise Punch Slush</b> OR Natural Applesauce	<b>18</b> Blueberry Muffin & Sausage* OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Cheese Enchiladas w/Chili & Spanish Rice Buffalo Chicken Salad Hummus & Cheese Bento Box Yogurt & Granola Combo Ranchero Beans Crispy Carrots w/Dip Red Bell Peppers & Grape Tomatoes Sliced Apples OR Strawberry Craisins	<b>19</b> Pumpkin Bread OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Meatzza Pizza* or Cheese Pizza Italian Salad* Wowbutter Sandwich+ Combo Yogurt & Chex Combo Buttered Corn Mixed Green Salad w/Ranch Cucumber & Jicama Sticks w/Tajin Fresh Banana OR Strawberries w/Cream	<b>20</b> Ham & Cheese Croissant* OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken Nuggets w/Homemade Roll Spicy Chicken Salad Nacho Box Spicy Chicken Wrap w/Ranch Mashed Potatoes w/Gravy Savory Green Peas Celery Sticks & Grape Tomatoes Granny Smith Apple OR Sliced Peaches
<b>23</b> Confetti Pancakes OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk BYO Stuffed Baked Potato Italian Salad* Yogurt & Granola Combo Nacho Box Broccoli w/Cheese Zesty Tomatoes & Cucumbers Raw Vegetable Medley w/Dip Orange Smiles OR Sliced Pears	<b>24</b> Sausage, Potato & Egg Taco* OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk General Tso Chicken+ w/Fried Rice Crispy Chicken Salad Wowbutter Sandwich+ Combo Breaded Chicken Wrap w/Boss Sauce Stir Fry Vegetables Tossed Salad w/Ranch Celery Sticks & Grape Tomatoes Apple Crisps OR Fruit Cocktail	<b>25</b> Chicken & Waffles OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Frito Pie Asian Chicken Salad Hummus & Cheese Bento Box Yogurt & Granola Combo Ranchero Beans Mexican Street Corn Cucumber Slices w/Tajin Seedless Grapes OR Natural Applesauce	<b>26</b> Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Fettuccini Chicken Alfredo w/Garlic Bread Italian Salad* Wowbutter Sandwich+ Combo Yogurt & Chex Combo Savory Green Beans Red Bell Peppers & Grape Tomatoes Crispy Carrots w/Dip Sliced Apples OR Sour Watermelon Raisins	<b>27</b> <b>National Strawberry Day!</b> Sausage & Cheese Flatbread OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Steak Fingers w/Homemade Roll Spicy Chicken Salad Nacho Box Spicy Chicken Wrap w/Ranch Mashed Potatoes w/Gravy Savory Green Peas Crispy Carrots & Grape Tomatoes Orange Smiles OR <b>Strawberries w/Cream</b>

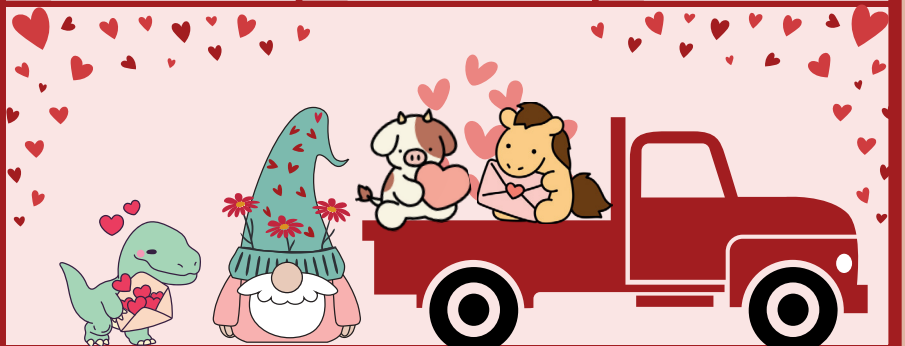
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