



# FEBRUARY 2019 BREAKFAST AND LUNCH MENU

ELEMENTARY BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2

ELEMENTARY LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Sausage & Cheese or Pepper Jack Cheese Kolache 1 <b>Cheese Stuffed Breadsticks</b> <b>Mini Corn Dogs</b> Cy-Fair Garden Fresh Cole Slaw Steamed Broccoli Fresh Pineapple Chunks <i>Planks In and Out</i>
French Toast 4 <b>Breaded Chicken Sandwich</b> <b>Cheese Enchiladas</b> Baby Carrots Seasoned Pinto Beans Frozen Peach Cup <i>Side Lunges</i>	Whole Wheat Cinnamon Roll 5 <b>Chicken Chunks</b> <b>Hamburger or Cheeseburger</b> Cole Slaw Whole Kernel Corn Fresh Apple Slices Banana Bread <i>Power Jacks</i>	Sausage & Cheese English Muffin 6 <b>Mini Pizza Bagels</b> <b>Meatball Sub</b> Garden Salad Seasoned Green Beans Mandarin Oranges <i>Triathlon</i>	Chicken Biscuit 7 <b>Chicken Teriyaki &amp; Stir Fried Rice</b> <b>Hamburger or Cheeseburger</b> Fresh Broccoli Garden Salad Fresh Grapes Veggie Egg Roll <i>Tag</i>	Peach Kolache 8 <b>Steak Fingers</b> <b>Turkey Hot Dog</b> Garden Fresh Carrot & Radish Dippers Mashed Potatoes w/ Gravy Diced Pears <i>Side Plank Hold</i>
Mini Pancakes 11 <b>Nachos w/ Baked Tostitos</b> <b>Breaded Chicken Sandwich</b> Baby Carrots Seasoned Black Beans Sliced Peaches <i>Football Drills</i>	Whole Wheat Cinnamon Roll 12 <b>Cheese Stuffed Breadsticks</b> <b>Chicken Tenders</b> Garden Salad Whole Kernel Corn Orange Smiles <i>Feet Switches</i>	Sausage & Cheese Biscuit Sausage Biscuit 13 <b>Cheese or Turkey Pepperoni Pizza</b> <b>Hamburger or Cheeseburger</b> Carrot & Broccoli Slaw Whole Cucumber Slices Fresh Berries <i>Soccer</i>	Ham & Cheese Croissant Cheese Croissant 14 <b>Spaghetti &amp; Meatballs</b> <b>Turkey Hot Dog</b> Fresh Broccoli Garden Salad "Be Mine" Clementines Wheat Roll <i>High Knee Punch</i>	Sausage & Cheese or Pepper Jack Cheese Kolache 15 <b>Macaroni &amp; Cheese</b> <b>Fish Nuggets</b> Garden Salad Seasoned Green Beans Mandarin Oranges Wheat Roll <i>Basketball</i>
18 <b>SCHOOL HOLIDAY</b> <i>Get Outside &amp; Get Moving!</i>	Whole Wheat Cinnamon Roll 19 <b>Beef Soft Tacos</b> <b>Hamburger or Cheeseburger</b> Cole Slaw Seasoned Pinto Beans Fresh Apple Slices <i>Sliders</i>	Sausage & Cheese English Muffin 20 <b>Mini Pizza Bagels</b> <b>Meatball Sub</b> Garden Salad Whole Kernel Corn Peach Cobbler <i>Balance</i>	Chicken Biscuit 21 <b>Chicken Teriyaki &amp; Stir Fried Rice</b> <b>Turkey Hot Dog</b> Fresh Celery Dippers Garden Salad Fresh Pineapple Chunks Veggie Egg Roll <i>Stair Climbing</i>	Peach Kolache 22 <b>Fish Sandwich</b> <b>Steak Fingers</b> Garden Salad Mashed Potatoes w/ Gravy Mandarin Oranges Banana Bread <i>Ski Jumps</i>
Mini Pancakes 25 <b>Nachos w/ Baked Tostitos</b> <b>Breaded Chicken Sandwich</b> Baby Carrots Seasoned Black Beans Frozen Peach Cup <i>Partner</i>	Whole Wheat Cinnamon Roll 26 <b>Cheese Stuffed Breadsticks</b> <b>Chicken Tenders</b> Mixed Greens w/ Turkey Bacon Whole Kernel Corn Mandarin Orange Wheat Roll <i>One Legged Marathon</i>	Sausage & Cheese Biscuit Sausage Biscuit 27 <b>Cheese or Turkey Sausage Pizza</b> <b>Hamburger or Cheeseburger</b> Garden Salad Seasoned Green Beans Peach Cobbler <i>Triceps</i>	Ham & Cheese Croissant Cheese Croissant 28 <b>Orange Chicken &amp; Lo Mein</b> <b>Hamburger or Cheeseburger</b> Garden Salad Mixed Vegetables Fresh Mixed Fruit Veggie Egg Roll <i>Burpees</i>	

### A complete breakfast includes

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

### Daily Breakfast Features

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

### A complete lunch includes

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

### Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Sunbutter & jelly entrée
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl

### Fresh Entrée Salads

- Monday: egg & bacon spinach salad
  - Tuesday: chef's salad
  - Wednesday: cranberry apple salad
  - Thursday: southwest chicken salad
  - Friday: mandarin chicken salad
- Grilled Chicken Caesar Salad served daily.*



HARVEST OF THE MONTH

### CABBAGE

There are hundreds of different types of cabbage. The most common in the U.S. are green and purple.

Excellent source of sulforaphanes, which help to inhibit the growth of cancer cells, making cabbage an anti-cancer food.

One cup of cabbage contains 190% of your daily recommended vitamin C.

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Fax: (202) 690-7442; or Email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

\*Menus subject to change without notice due to price and availability of food.\*