



FEBRUARY 2019 BREAKFAST AND LUNCH MENU

MIDDLE SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

MIDDLE SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Egg, Bacon & Cheese English Muffin Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 1
				Pulled Pork BBQ Sandwich Cy-Fair Garden Fresh Lime Cabbage Slaw Roasted Broccoli Fresh Cantaloupe Chunks
French Toast Sausage & Cheese Kolache Fruit & Yogurt Parfait 4	Mini Pancakes Sausage & Cheese English Muffin Fruit & Yogurt Parfait 5	Turkey Bacon & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 6	Ham & Cheese or Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait 7	Peach Kolaches Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 8
Mini Corn Dogs Seasoned Peas Tossed Salad Frozen Peach Cup	Meatball Sub Broccoli Salad Diced Carrots Fresh Diced Apples	Lasagna Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Veggie Egg Roll Mandarin Oranges	Nachos Seasoned Pinto Beans Tossed Salad Diced Peas
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait 11	Blueberry Banana Muffin Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait 12	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 13	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 14	French Toast Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 15
Steak Fingers Mashed Potatoes & Gravy Tossed Salad Mandarin Oranges Wheat Roll	Korean BBQ Oven Roasted Chicken Diced Carrots Kimchi Slaw Steamed Rice Fresh Pineapple Chunks Wheat Roll	Chicken Supreme Nachos Seasoned Black Beans Tossed Salad Fresh Mixed Fruit	Chicken Teriyaki w/ Stir Fried Rice Mixed Vegetables Spicy Spinach Salad Veggie Egg Roll Fresh Berries	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
	French Toast Peach Kolache Fruit & Yogurt Parfait 18	Sausage & Cheese English Muffin Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 19	Blueberry Banana Muffin Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 21	Egg, Ham & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait 22
SCHOOL HOLIDAY	Crunchy Tacos Tossed Salad Whole Kernel Corn Fresh Cantaloupe Chunks Cornbread	Chorizo Mac & Cheese Tossed Salad Tossed Salad Diced Peas	Orange Chicken & Lo Mein Diced Carrots Tossed Salad Veggie Egg Roll Fresh Pineapple Chunks	Pulled Pork BBQ Sandwich Mixed Greens w/ Turkey Bacon Seasoned Pinto Beans Fresh Mixed Fruit
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait 25	French Toast Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait 26	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 27	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 28	
Fish Tacos Seasoned Pinto Beans Tossed Salad Sliced Peaches	Cheese Enchiladas Tossed Salad Whole Kernel Corn Mandarin Oranges	Make-Your-Own Baked Potato Seasoned Black Beans Fresh Pineapple Chunks Garlic Roll	Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Veggie Egg Roll Fresh Diced Apples	

<p>Breakfast</p> <p>A complete breakfast includes</p> <ul style="list-style-type: none"> - Choice of 1 entrée - 2 fruits OR 1 fruit & juice - 1% white or fat free chocolate milk <p>Daily Breakfast Features</p> <ul style="list-style-type: none"> - Yogurt & Rockin' ola granola - Whole grain cereal - Assorted fruit bowl - 100% fruit juice - 1% white or fat free chocolate milk 	<p>A complete lunch includes</p> <ul style="list-style-type: none"> - Choice of entrée - 2 fruits - 2 vegetables - 1% white or fat free chocolate milk <p style="text-align: center;">Lunch</p> <p>Fresh Entrée Salads</p> <ul style="list-style-type: none"> - Monday: egg & bacon spinach salad - Tuesday: chef's salad - Wednesday: cranberry apple salad - Thursday: southwest chicken salad - Friday: mandarin chicken salad <p><i>Grilled Chicken Caesar Salad served daily.</i></p> <p>Daily Lunch Features</p> <ul style="list-style-type: none"> - Hummus & pita bread entrée - Turkey & cheese or turkey, ham & cheese on hoagie - Assorted fruit bowl 	<p style="text-align: center;"> GARDEN FRESH</p> <p style="text-align: right;">HARVEST OF THE MONTH</p> <p style="text-align: center;">CABBAGE</p> <p>There are hundreds of different types of cabbage. The most common in the U.S. are green and purple.</p> <p>Excellent source of sulforaphanes, which help to inhibit the growth of cancer cells, making cabbage an anti-cancer food.</p> <p>One cup of cabbage contains 190% of your daily recommended vitamin C.</p>
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Menus subject to change due to price & availability of food.