



FEBRUARY 2019 BREAKFAST AND LUNCH MENU

PRE-K BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2

PRE-K LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

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

- Entree
- 1 fruit
- 2 vegetables
- 1% white milk

Vegetarian Lunch Option

- Hummus & pita bread entree

Daily Lunch Options

- Assorted Fruit Bowl



USDA | Cy-Fair
GARDEN FRESH

HARVEST OF THE MONTH

CABBAGE

There are hundreds of different types of cabbage, but 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. This institution is an equal opportunity provider.

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