






# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPV – Grape Tomatoes 4</b> Chicken Nuggets with a WG Soft Pretzel Or- Italian Hoagie  Or-Yogurt & Cheese Stick with a WG Soft Pretzel Glazed Carrots Mixed Fruit	<b>5</b> Chicken Fried Steak w/Gravy and a WG Dinner Roll  Or- Southwest Chicken Wrap Or-Yogurt & Cheese Stick with a WG Dinner Roll Mashed Potatoes and Gravy Fresh Banana	<b>6</b> Pizza Hut Pizza Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with a WG Soft Pretzel Romaine Salad with Croutons Cinnamon Applesauce	<b>7</b> Crispy Carnitas Tacos with Lettuce & Cheese Cup  Or- Sunshine Chicken Salad with a WG Dinner Roll Or-Yogurt & Cheese Stick with a WG Dinner Roll Seasoned Black Beans Strawberries	<b>8</b> Chili Mac with a WG Breadstick  Or- Ham and Cheese Hoagie  Or-Yogurt & Cheese Stick with a WG Breadstick Green Beans Fresh Pear
<b>SPV – Red Bell Pepper Strips 11</b> Colby Cheese Omelette with a WG Long John Donut Or- Salami, Cheese & Crackers with a NutriGrain Bar  Or-Yogurt & Cheese Stick with a WG Long John Donut Sweet Potato Tots Mandarin Orange Segments	<b>12</b> Beef & Cheese Nachos  Or- Buffalo Chicken Wrap Or-Yogurt & Cheese Stick with a WG Dinner Roll Refried Beans Orange Wedges	<b>13</b> Teriyaki Chicken with Brown Rice Or- Southwest Chicken Salad with a WG Breadstick Or-Yogurt & Cheese Stick with a WG Breadstick Steamed Broccoli Pineapple Tidbits Fortune Cookie	<b>14</b> <b>♥ Valentine's Day</b>  Love Me (Chicken) Tenders with a WG Darling Dinner Roll Or- Roast Beef Sandwich  Or-Yogurt & Cheese Stick with a WG Darling Dinner Roll Cupid Cucumbers Romantic Raisels  Be Mine Chocolate Brownie	<b>15</b> Turkey Bacon Flatbread with Red Pepper Aioli Sauce  Or- Crispy Chicken Salad with a WG Flatbread Or-Yogurt & Cheese Stick with WG Flatbread Peas Fresh Apple
<b>SPV – Baby Carrots 18</b> <b>President's Day</b> <b>Westside No School</b> Breaded Mozzarella Sticks with Marinara Sauce Or-Yogurt & Cheese Stick with a WG Soft Pretzel Ranch Beans Fruit Medley	<b>19</b> Chicken Waffle Sandwich Or- Tuna Salad Sandwich Or-Yogurt & Cheese Stick with a WG Breadstick Tater Tots Blueberries	<b>20</b> Pizza Hut Pizza Or- Turkey BLT  Or-Yogurt & Cheese Stick with a WG Breadstick Fresh Broccoli Peaches	<b>21</b> Turkey Pot Pie with a WG Biscuit Or- Hummus, Flatbread & Fresh Vegetables Or-Yogurt & Cheese Stick with a WG Biscuit Steamed Carrots Fresh Apple	<b>22</b> Macaroni and Cheese with WG Garlic Bread Or- Asian Chicken Salad with WG Garlic Bread Or-Yogurt & Cheese Stick with Garlic Bread Crispy Celery Sticks Pears
<b>SPV – Grape Tomatoes 25</b> Mini Corn Dogs Or- Turkey & Cheese Hoagie Or-Yogurt & Cheese Stick with a WG Breadstick Baby Carrots Pineapple Tidbits	<b>26</b> Roasted Chicken Legs with a WG Dinner Roll Or- Chef Salad with a WG Dinner Roll  Or-Yogurt & Cheese Stick with a WG Dinner Roll Colorful Mixed Veggie Blend Fresh Banana	<b>27</b> Cheeseburger on a Bun  Or- Turkey Custer  Or-Yogurt & Cheese Stick with a WG Breadstick Jazz'd Crinkle Cut French Fries Applesauce	<b>National Chili Day 28</b> Texas Style Chili with a WG Cinnamon Roll  Or- Cottage Cheese and Fruit with a WG Cinnamon Roll Or-Yogurt & Cheese Stick with a WG Cinnamon Roll Chili Beans  Strawberries 	<b>1</b> Herb Roasted Chicken over Bow Tie Pasta with WG Garlic Bread Or- Beef Taco Salad with WG Garlic Bread  Or-Yogurt & Cheese Stick with a WG Garlic Bread Steamed Broccoli Mixed Fruit Chocolate Chip Cookie

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product

This institution is an equal opportunity provider and employer.