

Monday

Tuesday

Wednesday

Thursday

Friday

1 Chicken, Cheese, Bean Burrito
(8G Fat, 49G Carbs, 8G Fiber) OR
Chicken Pattie/Bun
(17G Fat,14G Carb,1G Fiber)
Corn
1G Fat,17G Carb



2 French Bread Pizza
(6G Fat, 33G Carb, 1G fiber)
Or Homemade Chili
(just like Wendy's!)
(10G Fat, 18.4G Carb,7.5G fiber)
Cinnamon Roll
(3G Fat, 36G Carb, 1G Fiber)
Green and Yellow Beans
(4GCarbs,1.3G Fiber)

3 Hot Roast Turkey & Gravy
(3G Fat,6G Carbs)
Or Double Stuffed Whole Grain Pizza
(7G Fat,27G Carb, 3G Fiber)
Peas and Carrots



4 Submarine Sandwich W/Lettuce, Tomato, Pickle
(12G Fat,20G Carb,1G Fiber)
Or Chicken Nuggets
17G Fat,14G Carb
Baked Fries
(3G Fat, 21G Carb, 2G Fiber)

5 Ravioli
(10G Fat, 32G Carb, 4G Fiber)
OR Cheeseburger
(10G Fat, 14G Carb, 2G Fiber)
Tossed Salad
(1.5G Carb,.5G Fiber)
2 Tbls Ranch Dressing
(2.5G Fat,4.5G Carb)

8 Nacho Chips and Cheese
14.5 G Fat,27G Carb, 1G Fiber
Teriyaki Beef Dippers
(10G Fat,7G Carb, 1G Fiber)
Yellow & Green Beans With Carrot Strips
2G Carb, 1.33G Fiber



9 Hot Ham & Cheese On a Bun
11.5G Fat, 19G Carb **Or**
Cheesy Bread Sticks W/ Sauce
(10G Fat,37G Carb,1G Fiber)
Veggie Rainbows
(13G Carb, 1G Fiber)

10 Chicken Pattie/Bun
17G Fat,14G Carb,1G Fiber
Or Turkey Corn Dog
14G Fat, 30G Carb,1 G Fiber
Spinach and Mixed Green Salad
(1G Carb,1G Fiber)
2 Tbls Ranch Dressing
(2.5G Fat,4.5G Carb)



11 Max Taco Wedge
(Wedge shaped pizza Crust stuffed with taco meat and cheese, 9G Fat, 28G Carb, 2G Fiber)
Or Turkey Chunks & Gravy
6G Fat, 3G Carb
Seasoned Rice
Steamed Broccoli
(5G Fat, 4G Carb,1G Fiber)

12 Ham & Cheese Grab and Go
10.5G Fat, 16G Carb
Red Grapes
8G Carbs, 1/2G Fiber
Krispie Treat 1G Fat, 8G Carb
Or Cheeseburger/Bun
(10G Fat, 14G Carb, 2G Fiber)
Carrot Sticks (6G Carb, 2G Fiber)
Ranch (2.5G Fat,4.5G Carb)

15 Mid-Winter Break Day
No School for Grades K-12



Eat a Rainbow Every Day!

16 Chicken Fajita On Bun
(7G Fat, 37G Carb 1G Fiber)
Or Southwest Whole Grain Pizza
(10G Fat,33G Carb, 4G Fiber)
Corn
(1G Fat,17G Carb)

17 Johnsonville Turkey & Cheddar Sausage/Bun
6G fat,24G Carb, 1G Fiber
Or Macaroni and Cheese
11G Fat,33GCarbs,1G Fiber
Fresh Steamed Green Beans
4GCarbs,1.3G Fiber



18 Chicken Quesadilla
(14G Fat,34G Carb, 2G Fiber)
Or Hot Ham and Cheese on Pretzel Bun
(10G Fat,39G Carb, 2G Fiber)
Seasoned Cauliflower
(3G Carb,2G Fiber)

19 Flat Bread Sandwich
(Diced Chicken, Mozzarella and Cheddar with a delicious mild Buffalo Sauce, 10G Fat, 15G Carb, 1/2G Fiber)
Or Chicken Pattie/Bun
17G Fat,14G Carb,1G Fiber
California Blend
(2.7G Carb, 1.3G Fiber)






22 BBQ Chicken Drummie
9G Fat, 7G Carb
Garlic Bread
3G Fat, 17G Carb,1G Fiber
Or Twisted Crust Pizza
13G fat,44G Carb, 4G fiber
Corn
1G Fat,17G Carb

23 Big Daddy Pizza
(14G Fat, 44G Carb, 2G Fiber)
Or Fish Nuggets & Tartar Sauce
13G Fat, 17G Carb, 1G Fiber
5G Fat,1G Carb
Raw Mixed Veggies
(2.7 Carb,1.3 Fiber)

24 Fiesta Macaroni
(7G Fat,28G Carb, 3G Fiber)
(Macaroni in a tasty Meat Taco Sauce)
NEW! Monte Cristo Sandwich W/Maple Syrup
(Ham and Swiss on French Toast)
(16G Fat,40G Carb, 1G Fiber)
Baked Big Fries
(5G Fat,18G Carb, 2G Fiber)

25 Popcorn Chicken
(10G Fat,15G Carbs,1G Fiber) **Or Cheeseburger**
(10G Fat, 14G Carb, 2G Fiber)
Mashed Potatoes
(1G Fat, 16G Carb, 2G Fiber)
Gravy
(1G Fat,6G Carb)

26 Spaghetti with Ground Beef & Pasta W/Sauce
6.5G Fat, 28G Carb, 1G Fiber
Or Chicken Nuggets
17G Fat,14G Carb
Mixed Green Salad
Some Cabbage Too
(1.5G Carb,.5G Fiber)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Pizza 10G Fat, 25G Carbs,2G Fiber	2 Scrambled Egg & Cheese on Eng. Muffin 11G Fat,25G,2G Fiber	3 Breakfast Bagel 7G Fat, 19G Carb, 1G Fiber	4 Pancake Sausage on a Stick 10G Fat,23G Carb	5 French Toast Stixs 5.3G Fat, 25G Carb 
8 Breakfast Bagel 7G Fat,19G Carbs,1G Fiber	9 Breakfast Burrito (10G Fat, 19G Carb) 	10 Pancakes 2G Fat,30G Carb, 2G Fiber Syrup— 31G Carb	11 Ham & Cheese Muffin 8G Fat,25G Carb,2G Fiber 	12 Egg and Bacon Roll (10G Fat, 23G Carb, 1G fiber)
Breakfast Menu—February 2010 BREAKFAST IS ONLY \$1.50				
15 Winter Break Day No School	16 Breakfast Pizza 10G Fat, 25G Carbs,2G Fiber	17 Breakfast Hot Pockets 5G Fat, 18G Carb, 1G Fiber	18 Breakfast Bagel 7G Fat,19G Carb, 1G Fiber	19 Pancake Sausage on a Stick 10G Fat,23G Carb
22 Jumbo Waffles 5G Fat,32G Carb,1G Fiber	23 Breakfast Bagel 7G Fat,19G Carb,1G Fiber	24 Scrambled Egg & Cheese on Eng. Muffin 11G Fat,25G,2G Fiber	25 French Toast Stixs 5.3G Fat, 25G Carb	26 Ham & Cheese on Muffin 8G Fat,25G Carb,2G Fiber