

**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 Stix 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)
<b>Breakfast Menu—February 2010</b> <b>BREAKFAST IS ONLY \$1.50</b>				
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 Stix 5.3G Fat, 25G Carb	26 Ham & Cheese on Muffin 8G Fat, 25G Carb, 2G Fiber