

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Calorie target</i>            K-5 = 550-650            6-8 = 600-700            9-12 = 750-850</p>					<p><b>1 Dads Serve Lunch !</b>            Hamburgers, potato wedges, green beans, peaches and cookie</p>	
<p><b>Sub sandwich option for main dish everyday except Friday</b></p>	<p>4 Soft Shell Taco            Lettuce, Cheese, Refried Beans            Tortilla chips, Salsa            Milk</p>	<p>5 Italian Pasta Bake            Garlic breadstick            Lettuce salad, , Peas            Fresh fruit , Milk</p>	<p>6 Breaded Chicken Patty/Bun, Broccoli &amp; Cheese, Goldfish Grahams , Sliced Peaches, Milk</p>	<p>7 Tavern /Bun            Potato Wedges            Green Beans            Mandarin Oranges            Milk</p>	<p>8 Cheese Pizza            Breadstick &amp; sauce            Lettuce salad, Baby carrots, Pears, Milk</p>	
<p><b>Salad bar option open to all students everyday!</b></p>	<p>11 Chicken Noodle soup, Bologna Sandwich, Cooked carrots, Sliced peaches , Milk</p>	<p>12 P-2 Cheese nacho , 3-12 Crisпитos            Cheese sauce, Chips &amp; Salsa, Corn Fiesta, Fruit, Milk</p>	<p>13 Corndog            Baked Chips            Baked Beans            Celery &amp; Sun butter            Apples, Milk</p>	<p>14 BBQ Pork/Bun            Coleslaw            Corn Chips            Cooked Carrots            Fruit, Milk</p>	<p>15 French Toast            Sticks, Mini Muffin            Sweet Potatoes            Strawberry Parfait            Milk</p>	
	<p>18 No School</p>	<p>19 Hamburger            Cheese slice            Potato Wedges            Green beans            Pears, Milk</p>	<p>20 Chicken Nuggets            Mashed Potatoes            Gravy, Corn, Apricots , Milk</p>	<p>21 Spaghetti            Garlic Toast            Lettuce salad            Baby Carrots w/dip            Milk</p>	<p>22 Grilled Cheese            Tomato Soup,            Crackers, Apple-sauce, Peas Milk</p>	
	<p>25 Haystacks            Lettuce , Cheese, Salsa , Refried Beans, Corn, Apricots, Milk</p>	<p>26 Chicken Alfredo            Garlic Breadstick            Peas, Sliced Pears            Milk</p>	<p>27 Orange Chicken            Brown rice, oriental veggies, Mandarin oranges, Fortune cookie, Milk</p>	<p>28 Hot Ham &amp; Cheese / Bun            Roasted Cauliflower            Goldfish Crackers            Tropical Fruit, Milk</p>		