

February Healthy Cafe Meals



Mon	Tues	Wed	Thurs	Fri
The Salad Bar is included with each student and adult meal. Take what you'll eat, eat what you take		3 Chili w/ Corn Bread Fresh Fruit Milk	4 Chef Salad Café Bread Fresh Fruit Milk	5 French Bread Pizza Fresh Fruit Café-Cookie Milk
6 Chicken or Veggie Sandwich Swt Potato Fries Fresh Fruit Milk	7 Baked Potato w/ Chili & Cheese Café Bread Fresh Fruit Milk	8 Turkey or Veggie Subs Fresh Fruit Milk	9 Chicken or Veggie Tinga Steamed Corn Fresh Fruit Milk	10 Pita Pizza Fresh Fruit Café-Cookie Milk
13 Spaghetti w/ Cheese Sauce Stmd Broccoli Café Bread Fresh Fruit Milk	14 Chicken or Veggie Fajitas Fresh Fruit Milk	15 Caesar Salad +/- Chicken Crackers Fresh Fruit Milk	16 Curried or Teriyaki Chicken w/ Rice Steamed Carrots Fresh Fruit Milk	17 French Bread Pizza Fresh Fruit Café-Cookie Milk
20 President's Day No School	21 Garlic Chicken w/ Pasta Green Beans Fresh Fruit Milk	22 Turkey or Veggie Subs Fresh Fruit Milk	23 Chicken or Veggie Tinga Steamed Corn Fresh Fruit Milk	24 Turkey or Veggie Hot Dog Baked Beans Fresh Fruit Milk Early Release
27 Spaghetti w/ Cheese Sauce Stmd Broccoli Café Bread Fresh Fruit Milk	28 Caesar Salad +/- Chicken Crackers Fresh Fruit Milk	29 Chicken or Veggie Sandwich Swt Potato Fries Fresh Fruit Milk	March 1 Baked Potato w/ Chili & Cheese Café Bread Fresh Fruit Milk	March 2 French Bread Pizza Fresh Fruit Café-Cookie Milk
Daily Breakfast Menu				
Toasted English Muffin Cheese Stick Fresh Fruit Milk Juice	Scrambled Eggs Muffin or Grits Fresh Fruit Milk Juice	Bagel w/ Cream Cheese or Peanut Butter Fresh Fruit Milk Juice	Chef's Choice Fresh Fruit Milk Juice	Scrambled Eggs Toast Fresh Fruit Milk Juice

As always, we
♥ love ♥
cooking for you
and hope you
enjoy every meal!
Deb, Chef Cindy
and staff

For recipe ideas and health information, read our wellness newsletter on the reverse side.

Lunch Prices:

PreK Daily: \$2.00
K-6th Daily: \$2.50
(**Reduced Price \$.40)
Weekly: \$12.50
7th-8th Daily: \$2.80
(**Reduced Price \$.40)
Weekly: \$14.00

Adults: \$3.50
Weekly: \$17.50
A la Carte (extras):
\$.50—\$1.50

Breakfast Daily:
\$1.00

(**Reduced Price \$.30)
Breakfast Weekly:
\$5.00

***Free and Reduced prices are for students who qualify for either a free or a price-reduced meal according to the Federal National School Lunch Program. In accordance with Federal law, and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, DC 20250-9410 or call (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact the USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.*

Menu is subject to change due to availability.