

USDA is an equal opportunity provider and employer.

Wednesday, February

Spaghetti/Meat
Sauce
Roll

Choose 1 or 2:
Romaine Salad
Tomatoes

Choose 1:
Pears

Thursday, February 5

BBQ/Bun

Choose 1 or 2:
Coleslaw
Green Beans

Choose 1:
Fresh Fruit

Choice of Cold

Friday, February 6

Cheese Pizza

Choice of 1 or 2:
Corn
Tossed Salad/
Carrots

Choose 1:
Fresh Fruit

Monday, February 2

Hotdog/Bun

Choose 1 or 2:
Baked Beans
Sweet Potato Bites

Choose 1:
Pineapple

Choice of Cold
Milk

Tuesday, February 3

Cheeseburger/Bun

Choose 1 or 2:
French Fries
Vegetable Medley

Choose 1:
Fresh Fruit

Choice of Cold
Milk

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Students may purchase meals by the day, week, month, or year.

Menus are subject to change without notice due to product availability.

MyLunchMoney.com



FEBRUARY BIRTHDAYS

Langston Hughes -- Feb. 1
Chris Rock (50) -- Feb. 7
Abraham Lincoln -- Feb. 12
Michael Jordan (52) -- Feb. 17
George Washington -- Feb. 22
Marian Anderson -- Feb. 27



Monday, February 9

Turkey/Cheese
Sandwich

Choose 1 or 2:
Chuckwagon
Beans
Potato Rounds

Choose 1:
Fresh Pears

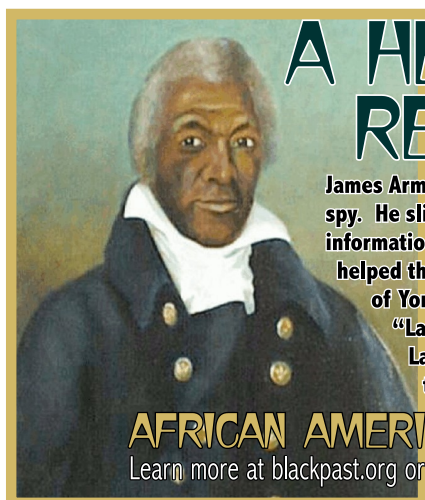
Tuesday, February 10

Chicken Nuggets
Roll

Choose 1 or 2:
French Fries
Green Beans

Choose 1:
Applesauce

Choice of Cold



A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette

DON'T GET!

Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Wednesday, February

Fish Sticks
Roll

Choose 1 or 2:
Sweet Potato
Casserole
Green Peas

Choose 1:
Fresh Fruit

Thursday, February

Chicken Vegetable
Soup
Toasted Cheese
Sandwich

Choose 1:
Fresh Carrots

Choose 1:
Mixed Fruit

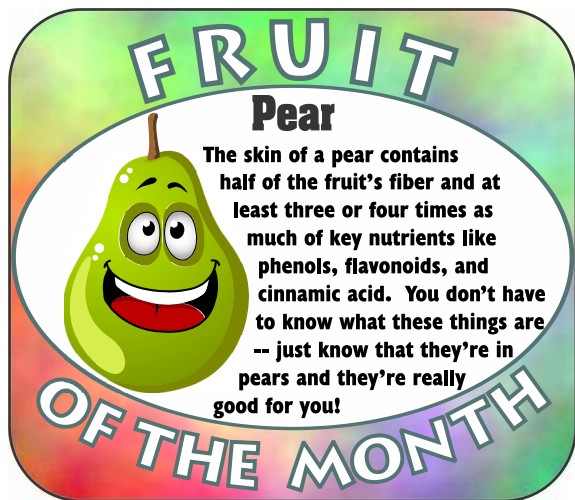
Friday, February 13

Stuffed Crust
Pepperoni Pizza

Choose 1 or 2:
Romaine Lettuce
Tomatoes

Choose 1:
Fresh Grapes

Choice of Cold



Monday, February 16



NO
SCHOOL

Tuesday, February 17

Cheeseburger/Bun

Choose 1 or 2:
Baked Beans
Sweet Potato Bites

Choose 1:
Pineapple

Choice of Cold
Milk

BREAKFAST MENU:

Monday—Pancake/Sausage Wrap
Tuesday—Cinnamon Roll
Wednesday—Cereal/Graham Crackers
Thursday—Mini Pancakes
Friday—Chicken Biscuit

Juice and Fruit served daily.

Cold Milk served daily.

OTHER LUNCH ENTRÉE
CHOICES DAILY:

Small Chef Salad

Yogurt/Cheese Stick

Students may select
the menued entrée OR
one of the above.

Word of the Month

eth·i·cal

adj. 1. following standards of acceptable social behavior 2. moral, correct; in accordance with accepted principles of right and wrong

Wednesday, February

Corndog

Choose 1 or 2:
Broccoli
French Fries

Choose 1:
Fresh Fruit

Choice of Cold
Milk

Thursday, February

BBQ/Bun

Choose 1 or 2:
Coleslaw
Green Beans

Choose 1:
Peaches

Choice of Cold
Milk

Friday, February 20

Stuffed Crust
Cheese Pizza

Choose 1 or 2:
Corn
Fresh Carrots

Choose 1:
Sliced Apples

Choice of Cold

Monday, February 23

Turkey/Cheese
Sandwich

Choose 1 or 2:
Chuckwagon
Beans
Potato Rounds

Choose 1:
Fresh Pear

Tuesday, February 24

Chicken Salad
Wrap

Choose 1 or 2:
Tossed Salad
Tomatoes

Choose 1:
Mixed Fruit

Choice of Cold

Wednesday, February

Fish Sticks
Roll

Choose 1 or 2:
Mixed Greens
Glazed Sweet
Potatoes

Choose 1:
Fresh Fruit

Thursday, February

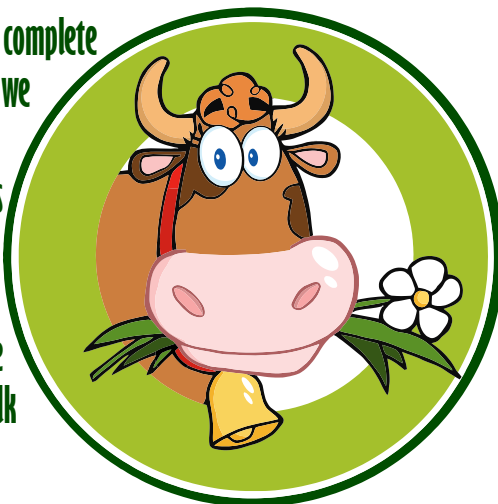
Chicken Nuggets
Roll

Choose 1 or 2:
Mashed Potatoes
Green Beans

Choose 1:
Mandarin Oranges

Choice of Cold

Every complete
meal we
serve
comes
with
your
choice
of milk



Friday, February 27

Stuffed Crust
Pepperoni Pizza

Choose 1 or 2:
Corn
Fresh Carrots

Choose 1:
Sliced Apples

Choice of Cold

