

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>➤ <b>Menus are subject to change.</b></p> <p>➤ A variety of milk is offered daily.</p> <p>➤ Daily Servings Include: 2-3 oz. Meat/Meat Alternate; ¾ cup fruit/vegetable (from 2 sources); 1 serving bread; 8 oz. milk.</p> <p>➤ Students may select a minimum of 3 items and are encouraged to select 4-5 items for lunch.</p>		<p>Chicken Nuggets <b>1</b></p> <p>Pork Chops</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Cooked Carrots</p> <p>Fruit Juice</p> <p>Frozen Strawberries // Roll</p>	<p>Spaghetti <b>2</b></p> <p>Ham Sandwich</p> <p>Mixed Greens w/carrots &amp; tomatoes</p> <p>Corn // Pinto Beans // Banana</p> <p>Frz. Fruit Bar // Breadstick / Sand. Bread</p>	<p>Grilled Cheese Sand. <b>4</b></p> <p>Barbecue Sandwich</p> <p>Potato Smiles // Carrot Sticks</p> <p>Vegetable Soup // Baked Beans</p> <p>Fresh Fruit // Mandarin Oranges</p> <p>Crackers // HB Bun</p> <p>Sandwich Bread</p>
<p>Pizza <b>6</b></p> <p>Sub Sandwich (Turkey or Ham)</p> <p>Baked Potato // Lima Beans</p> <p>Mixed Greens w/carrots &amp; tomatoes</p> <p>Fresh Apple Slices / Canned Peaches</p> <p>Sub Bun</p>	<p>Peanut Butter &amp; Jelly Sand. <b>7</b></p> <p>Chicken with Gravy</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Fresh Veggie Cup</p> <p>Sherbet // Canned Pears</p> <p>Roll</p>	<p>Chicken Casserole <b>8</b></p> <p>Hamburger or Cheeseburger</p> <p>Broccoli &amp; Carrots</p> <p>Baked French Fries // Baked Beans</p> <p>Sandwich Trimmings</p> <p>Applesauce // Fresh Orange Slices</p> <p>Roll</p>	<p>Baked Chicken Tenders <b>9</b></p> <p>Ham &amp; Cheese Wrap or Sand.</p> <p>Tator Tots // Green Peas</p> <p>Baked Sweet Potato</p> <p>Sandwich Trimmings</p> <p>Banana // Mandarin Oranges</p> <p>Roll</p>	<p>Chili <b>10</b></p> <p>Corn Dog</p> <p>Potato Smiles</p> <p>Veggie Cup w/dip</p> <p>Fresh Apple Slices // Pineapple</p> <p>Crackers // Cheese Sandwich Half</p>
<p>Pizza <b>13</b></p> <p>Turkey Supreme</p> <p>Mixed Greens w/carrots &amp; Tomatoes</p> <p>Corn-on-cob // Black-eye Peas</p> <p>Fruit Juice // Canned Pears</p> <p>Roll</p>	<p>Ravioli <b>14</b></p> <p>BBQ Sandwich</p> <p>Baked French Fries</p> <p>Carrot Sticks // White Beans</p> <p>Fresh Apple Slices</p> <p>Frozen Strawberries</p> <p>Roll // WW HB Bun</p>	<p>Taco or Fish <b>15</b></p> <p>Pinto Beans</p> <p>Creamy Coleslaw</p> <p>Macaroni &amp; Cheese</p> <p>Turnip Greens</p> <p>Applesauce // Canned Peaches</p> <p>Cornbread // Taco Chips</p>	<p>Hot Dog w/Chili <b>16</b></p> <p>Cheese Dunkers w/Marinara</p> <p>Fresh Veggie Cup</p> <p>Baked Potato // Corn</p> <p>Fresh Orange Slices // Fruit Cocktail</p> <p>Hot Dog Bun</p>	<p>Grilled Cheese Sand. <b>17</b></p> <p>Chicken Nuggets</p> <p>Potato Smiles // Carrot Sticks</p> <p>Vegetable Soup</p> <p>Fresh Fruit // Mandarin Oranges</p> <p>Crackers // HB Bun</p> <p>Sandwich Bread</p>
<p>President's Day – No School! <b>20</b></p> 	<p>Corn Dog Nuggets <b>21</b></p> <p>Burrito</p> <p>Mixed Greens w/carrots &amp; Tomatoes // White Beans</p> <p>Sweet Potato Chunks</p> <p>Corn-on-Cob // Apple Slices</p> <p>Mandarin Oranges</p>	<p>Taco <b>22</b></p> <p>Honey Must. Gr. Chicken Sand.</p> <p>Potato Wedge // Tossed Salad</p> <p>Pinto or Black Beans</p> <p>HB Bun // Taco Chips</p> <p>Fresh Fruit Choice</p>	<p>Parmesan Chicken <b>23</b></p> <p>Hamburger or Cheeseburger</p> <p>Baked French Fries</p> <p>Baked Beans // Sandwich Trimmings</p> <p>Banana // Pineapple Tidbits</p> <p>HB Bun // Roll // Spaghetti</p>	<p>Chili <b>24</b></p> <p>Corn Dog</p> <p>Potato Smiles</p> <p>Veggie Cup w/dip</p> <p>Fresh Orange Slices // Canned Pears</p> <p>Crackers // Cheese Sandwich Half</p>
<p>Pizza <b>27</b></p> <p>Orange Chicken Stir-Fry</p> <p>Baked Potato</p> <p>Black-eye Peas</p> <p>Mixed Green Salad</p> <p>Fresh Fruit Choice / Pineapple</p> <p>Roll // Steamed Rice</p>	<p>Hamburger or Hot Dog <b>28</b></p> <p>Baked French Fries</p> <p>Baked Beans</p> <p>Sandwich Trimmings</p> <p>Apple Slices // Canned Peaches</p> <p>Hamburger Bun // Hot Dog Bun</p>	<p>Chicken Nuggets <b>29</b></p> <p>Pork Chops</p> <p>Mashed Potatoes</p> <p>Green Beans//Cooked Carrots</p> <p>Fruit Juice</p> <p>Frozen Strawberries // Roll</p>	<p>Vegetable of the Month: <b>Sweet Potatoes</b></p> <p>Sweet potatoes are a Native American plant that was the main source of nourishment for early homesteaders and for soldiers during the Revolutionary War. These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C.</p> 	

## NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>1</sup>
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.<sup>2</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

## School Information:

**Free Fridays!!** The School Nutrition Program is offering a **free lunch** to all elementary **students** on **Fridays** for the remainder of this school year. Also, the reduced price for breakfast has been eliminated (reduced eligibilities eat **breakfast FREE daily** for the remainder of this year). For more information, call 931-815-2832.