

HARVEST OF THE MONTH –
 Every Wednesday we will feature a seasonal fruit or vegetable on our salad bar. This month's harvest-
 Mandarin Oranges
 Please go to <http://harvestofthemonth.com> for details



Lunch - \$3.00 includes entrée, salad bar, fruit, and choice of beverage*
 Low fat Fruit Yogurt entrée available daily
 Ala carte Salad –\$1.00
 Milk and Bottled Water - \$0.50
 Second entrée available for additional \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients**
1 Breakfast for Lunch Cheese Omelet ✓ <i>w/French toast</i> Strawberry Pancakes <i>w/sausage links</i> <i>All meals include fruit bar and cereal assortment</i>	2 Potato Bar ✓ GF Corn Dog w/whole grains Chicken Sandwich <i>All meals include Chocolate Sherbet</i>	3 Popcorn Chicken <i>w/tator tots</i> Bean and Cheese Burrito ✓ Sun Butter Lunchable* ✓ <i>w/wheat crackers, fresh fruit and Colby cheese strip</i>	4 Pizza Day ✓ Teriyaki Chicken w/rice Mini Cheeseburgers	5 Hot Dog Rotini and Marinara ✓ Pepperoni Hot Pocket	Cal 662 Pro 28 g Iron 4.79 mg Calc 571mg Vit A 8384 IU Vit C 48 mg Fat 23% Sodium1177mg Fiber 8.40 mg
8 Breakfast for Lunch Cheese Omelet ✓ <i>w/French toast</i> Strawberry Pancakes <i>w/sausage links</i> <i>All meals include fruit bar and cereal assortment</i>	9 Potato Bar ✓ GF Corn Dog w/whole grains Chicken Sandwich <i>All meals include Chocolate Sherbet</i>	10 Popcorn Chicken <i>w/tator tots</i> Bean and Cheese Burrito ✓ Sun Butter Lunchable* ✓ <i>w/wheat crackers, fresh fruit and Colby cheese strip</i>	11 Pizza Day ✓ Teriyaki Chicken w/rice Mini Cheeseburgers	12 Hot Dog Fettuccini Alfredo ✓ Pepperoni Hot Pocket	Cal 662 Pro 28 g Iron 4.79 mg Calc 571mg Vit A 8384 IU Vit C 48 mg Fat 23% Sodium1177mg Fiber 8.40 mg
15 President's Day Holiday	16 Potato Bar ✓ GF Corn Dog w/whole grains Chicken Sandwich <i>All meals include Chocolate Sherbet</i>	17 Popcorn Chicken <i>w/tator tots</i> Bean and Cheese Burrito ✓ Sun Butter Lunchable* ✓ <i>w/wheat crackers, fresh fruit and Colby cheese strip</i>	18 Pizza Day ✓ Teriyaki Chicken w/rice Mini Cheeseburgers	19 Hot Dog Rotini and Marinara ✓ Pepperoni Hot Pocket	Cal 668 Pro 29 g Iron 4.50 mg Calc 603mg Vit A 8958 IU Vit C 47 mg Fat 24% Sodium1220mg Fiber 8.93 mg
22 Washington's Birthday Holiday	23 Potato Bar ✓ GF Corn Dog w/whole grains Chicken Sandwich <i>All meals include Chocolate Sherbet</i>	24 Popcorn Chicken <i>w/tator tots</i> Bean and Cheese Burrito ✓ Sun Butter Lunchable* ✓ <i>w/wheat crackers, fresh fruit and Colby cheese strip</i>	25 Pizza Day ✓ Teriyaki Chicken w/rice Mini Cheeseburgers	26 Hot Dog Fettuccini Alfredo ✓ Pepperoni Hot Pocket	Cal 668 Pro 29 g Iron 4.50 mg Calc 603mg Vit A 8958 IU Vit C 47 mg Fat 24% Sodium1220mg Fiber 8.93 mg

Nutrient Goals

Calories = or > 634

Protein = or > 8.87g

Iron= or > 3.5mg

Calcium = or > 286mg

Vit. A = or > 1000 IU

Vit. C = or >15 mg

Fat = or < 30%

Food Notes –
 *Sun Butter is a butter made from sunflower seeds. It does not contain allergens for students with peanut or tree nut allergies.

*Beverage choices may include milk, 100% juice, water and soy milk

*Organic Soy Milk is available with a meal at no extra charge. Ala carte price - \$1

*Pepperoni and Hawaiian pizza offered on pizza day contain **pork. P**

*Vegetarian pizza also available on pizza day

*Hot dogs are made from turkey

*Meatless entrees are marked with a ✓

*Gluten free entrees are marked with a GF

Please make prepayment checks out to Child Nutrition Services and include your students name and I.D #. Make sure that checks are dropped off at the school office. Prepayments can also be made online at <http://www.mynutrikids.com>. Please feel free to call our office for answers to your questions, feedback or for job opportunities @ 426-4417 Child Nutrition Services is an equal opportunity employer. Thank You!