



Lunch Price \$ 3.25  
 Adult Lunch Price \$ 4.75  
 A La Carte Milk \$ 0.75

# FEBRUARY



## Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Double Cheese Pizza <sup>^</sup> or Sandwich Baked Chee-tos <b>1</b>	Mini Beef Ravioli Maple Pancake w./Cheese or Sandwich Animal Snackers <b>2</b>	Cheeseburger Twins Cheese Pizza <sup>^</sup> or Sandwich Sun Chips <b>3</b>	Teriyaki Rice Bowl Bean & Cheese Burrito <sup>^</sup> or Sandwich Fortune Cookie <b>4</b>	Chicken Patty on Wheat Bun Cheese Maxi Stick w./Sauce or Sandwich  <b>5</b>
<i>Deerfield/Stonagate</i>	<i>Greentree/Meadowpark</i>	<i>Northwood/Oak Creek</i>	<i>Plaza Vista/Santiago Hills</i>	<i>Springbrook/Stonecreek</i>
	Mini Hot Dogs Macaroni & Cheese <sup>^</sup> or Sandwich  <b>9</b>	Corn Dogs Cheese Pizza Bager <sup>^</sup> or Sandwich Lowfat Chee-tos <b>10</b>	Spaghetti w./ Meat Sauce Grilled Cheese on Wheat <sup>^</sup> or Sandwich  <b>11</b>	Valentine Heart Nuggets Cheese Pizza <sup>^</sup> or Sandwich leart Sugar Cookies <b>12</b>
<i>LINCOLN's BIRTHDAY</i>	<i>Eastshore/Turtle Rock</i>	<i>Vista Verde/Westpark</i>	<i>University Park/Woodbury</i>	<i>Alderwood/Bonita Canyon</i>
	Wien. Chili Dog <b>NEW!</b> Cheese Con Queso <sup>^</sup> Sandwich Proball <b>16</b>	Pepperoni Pizza Strawberry Pancake w./ Chs Sandwich Animal Snackers <b>17</b>	Teriyaki Rice Bowl Smuckers Grilled Cheese Snd. <sup>^</sup> Sandwich Fortune Cookie <b>18</b>	Chicken Nuggets Cheese Pizza Strips <sup>^</sup> Sandwich Happy Birthday Cookie <b>19</b>
<i>WASHINGTON's BIRTHDAY</i>	<i>Brywood/Canyon View</i>	<i>Culverdale/Deerfield</i>	<i>College Park/Eastshore</i>	<i>Greentree/Meadowpark</i>
<b>NEW!</b> Baked Chicken Cinn. Glazed French Toast <sup>^</sup> or Sandwich Baked Chee-tos <b>22</b>	Meatloaf w./ Mash. Potato Cheese Quesadilla <sup>^</sup> or Sandwich Choc. Chip Cookie <b>23</b>	Taco Twins Bean & Cheese Burrito <sup>^</sup> or Sandwich Tiny Pretzel Twins <b>24</b>	Spaghetti w./ Meat Sauce Cheese Pizza <sup>^</sup> or Sandwich Oreo Cookies <b>25</b>	Hot Dog on Bun Cheese Maxi Stick w./Sauce <sup>^</sup> or Sandwich Fruit Snacks <b>26</b>
<i>Northwood/Oak Creek</i>	<i>Plaza Vista/Springbrook</i>	<i>Santiago Hills/Stonecreek</i>	<i>Stonagate/Turtle Rock</i>	<i>University Park/Vista Verde</i>

### NUTRIENT ANALYSIS BASED ON WEEKLY MENU AVERAGE

Week of Feb. 1 - Feb. 5	Week of Feb. 8 - Feb. 12		Week of Feb. 15 - Feb. 19	Week of Feb. 22 - Feb. 26
Calories 785	Calories 704		Calories 815	Calories 689
Fiber 7.48 g	Fiber 6.45 g		Fiber 6.72 g	Fiber 7.16 g
Iron 5.05 g	Iron 3.64 g		Iron 5.91 g	Iron 3.60 g
Protein 28.80 g	Protein 26.59 g		Protein 29.85 g	Protein 26.77 g
Carbs. 128.21 g	Carbs. 112.61 g		Carbs. 132.73 g	Carbs. 112.59 g
Total Fat 18.05 g	Total Fat 17.45 g		Total Fat 19.40 g	Total Fat 15.81 g
Sat. Fat 4.89 g	Sat. Fat 6.17 g		Sat. Fat 6.09 g	Sat. Fat 4.73g



Schools having Pizza Days are listed under daily menu in pink cells in red font.

An extra slice of pizza can only be purchased as an extra full meal. Students pay \$ 3.25 meal price for second pizza meal.

Every day other entrees are offered along with the listed items.

Students can choose one entrée plus two items from Fruit and Vegetable Bar and a milk.

Menu subject to change without notice. Menu complies with the requirements of National School Lunch Program.



Menus with an<sup>^</sup> are vegetarian.



Menus with a\* contain pork.

