



///  **School Information:** Milk or Water with every meal.
FRUITS & VEGETABLES DAILY
 *****Menu subject to change*****

 **Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
 Reference: USDA MyPlate

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks 1 Sausage, Orange Juice Applesauce	Mac & Cheese 2 Popcorn Chicken Fruit & Veggie	Ham & Turkey Sub 3 Chips & Pickle Lettuce & Tomato	Mini Corn Dogs 4 Baked Beans Fruit and Cookie	Bosco Sticks w/Marinara 5 Salad, Fruit
Chicken Patty 8 Nacho Cheese/Chips Lettuce, Tomato, Pickle	Taco Wrap 9 Salsa, Sour Cream Lettuce, Tomato, Chips	Chicken Noodle Soup 10 Bread & Butter Crackers, Fruit	Pepperoni Pizza 11 Salad Fruit & Valentine Cookie	12 NO SCHOOL
15 NO SCHOOL	Meatballs 16 Mashed Potatoes Corn & Dinner Roll	Hot Dog on Bun 17 Smiley Potatoes Fruit & Veggie	Beefy Nachos 18 Salsa & Sour Cream Lettuce & Tomato	Cheese Pizza 19 Salad Cookie
Spaghetti & Meatballs 22 Garlic Bread Fruit	Taco Salad 23 Salsa & Sour Cream Chips/ Fruit	Egg/Cheese Eng Muffin 24 Hashbrown Patty Fresh Fruit	Chicken Tenders 25 Fries Fruit/Fresh veggies	Garlic French Bread Pizza 26 Salad/Fruit Cookie
				