

FEBRUARY



2015

MEAL PRICES

Breakfast:
Student Paid - \$1.40
Student Reduced - \$.30
Adult Paid - \$2.10
Milk - \$.40

Lunch:
PreK-5 Student Paid - \$2.30
6-8 Student Paid - \$2.40
9-12 Student Paid - \$2.50
Student Reduced - \$.40
Adult - \$3.45

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Cereal Graham Cracker 18g Banana 27g Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Broccoli with Cheese 4g/8g Roll 23g Peaches 12g	3 Biscuit 22g Sausage Patty 1g Peaches 12g Cheeseburger on Bun 17g Baked Beans 39g Sweet potato fries 12g/23g Fruit Cocktail 14g	4 Breakfast Pizza 26g Fruit Cocktail 14g White Chicken Chili 25g Corn Muffin 22g/44g(HS) Grape tomatoes 1g Cucumbers 1g Pineapple 17g	5 Blueberry Oat Muffin 25g Pineapple 17g Lasagna 19g Salad Greens 3g Corn 8g/16g Garlic Bread 18g Pears 14g	6 Biscuit 22g Sausage Gravy 10g Pears 14g Taco Salad 22g/40g Refried Beans 23g Baby Carrots 3g Grapes 15g
	9 Cereal Sausage Patty 1g Grapes 15g Burrito with cheese sauce 47g Spanish Rice 14g Green Beans 2g/4g Corn 16g Pineapple 20g	10 Pancakes 26g Pineapple 20g Chicken Fried Steak 18g Mashed Potatoes 16g Gravy 4g Carrots 3g/6g Rosy Applesauce 22g	11 Breakfast Pizza 26g Rosy Applesauce 22g Taco Soup 21g Tortilla Chips 17g/38g Broccoli 2.5g/5g Apple Salad 16g	12 Applesauce Oatmeal Muffin 39g Peaches 12g Chicken Parmesan on Bun 30g Spinach 2g/5g Mixed Vegetables 12g Mandarin Oranges 17g	13 NO SCHOOL

USDA is an equal opportunity provider and employer.

Breakfast Variety of juices – 12g-18g carbs
 Assorted Cereals 18- 28g
 Milk carbs:
 1% white milk 13 g
 Skim Chocolate Milk 20g

Learn about healthy eating and have fun too – check out the games -
<http://www.nutritionexplorations.org/kids.php>

<p>16</p> <p>NO SCHOOL</p>	<p>17 Biscuit 22g Sausage Patty 1g Pear 14g</p> <p>Homemade Pizza 30g Salad Greens 3g Grape Tomatoes 1g Peaches 12g</p>	<p>18 Breakfast Pizza 26g Peaches 12g</p> <p>Chili 32g/48g Baby Carrots 3g Apple 13g Cinnamon Roll 30g uniced/46g iced</p>	<p>19 Breakfast Bake 26g Apple 13g</p> <p>Biscuit Sandwich 24g Glazed Carrots 20g Hash brown Patty 13g/26g Applesauce 14g</p>	<p>20 Biscuit 22g Sausage Gravy 10g Applesauce 14g</p> <p>Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Peas 5g/10g Apricots 19g</p>
<p>23 Cereal String Cheese 3g Apricots 19g</p> <p>BBQ Pork Patty on Bun 43g Coleslaw 14g/ HS 29g Green Beans 6g Pineapple 17g</p>	<p>24 Blueberry Bubble Bread 43g Pineapple 17g</p> <p>Super Nachos 43g Tomatoes 2g Peas 10g Applesauce 14g Chocolate Chip Cookies 20g/40g</p>	<p>25 Breakfast Pizza 26g Applesauce 14g</p> <p>Chicken Noodles 25g Mashed Potatoes 16g Carrots 3g/6g Mandarin Oranges 17g Snickerdoodles 20g/40g</p>	<p>26 Cinnamon Roll 30g uniced/46g iced Mandarin Oranges 17g</p> <p>Pig in a Blanket 26g Broccoli with Cheese 4g/8g Baked Beans 39g Peaches 12g</p>	<p>27 Biscuit 22g Sausage Gravy 10g Peaches 12g</p> <p>Chicken Strips 13g Savory Rice 15g/30g Corn 8g/16g Tossed Salad 3g Banana 27g</p>

CHERRY S'MORES

Ingredients

1/2 cup marshmallow crème, 1/2 cup dried tart cherries, 1/4 cup semisweet chocolate chips, 12 graham cracker squares (2* inches each)

Directions

Put marshmallow creme, cherries and chocolate chips in a medium bowl; mix well.

Place 6 of the graham crackers on a microwave-safe plate. Spoon a heaping tablespoon of marshmallow mixture on each cracker.

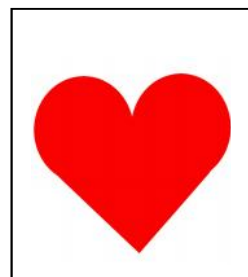
Top with remaining crackers.

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Microwave, uncovered, on High (100% power) 30 to 45 seconds, or until marshmallow mixture is soft and warm.

Carefully remove plate from the microwave and set on a hot pad.

Let S'mores cool slightly before eating them



FEBRUARY IS MONTH FOR CELEBRATING:

American Heart Month, National Cherry Month
2nd Ground Hog Day, 8th National Kite Flying day, 11th Make a Friend Day, 17 Random Acts of Kindness Day