

♥ February 2019 Menu ♥

The first entree listed is available for all grade levels, K-4.
The second entree listed is also available for grade levels 3 and 4.

The first entree listed is the entree for all elementary students.

Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 28 Hot Dog on WG Bun -OR- Sliced Turkey & Mozzarella on WG Bun Baked Beans Redstone Canyon Fries Chilled Applesauce Cup	JANUARY 29 Sloppy Nachos -OR- Ham and Cheese on WG Bun Whole Kernel Corn Fresh Broccoli with Ranch Mixed Fruit Cup WG Teddy Cinnamon Graham Crackers	JANUARY 30 Tyson Chicken Patty on WG Bun with BBQ Sauce -OR- Mini Corndogs Candied Carrots Tater Tots Sliced Bananas with Chocolate Syrup	JANUARY 31 Rotini & Meat Sauce -OR- Crispy Chicken Nuggets WG Garlic Toast Seasoned Green Beans Cukes and Grape Tomatoes Chilled Pineapple	FEBRUARY 1 Cheesy Garlic Flatbread -OR- Italian Sub on WG Bun Mixed Green Salad with Fat Free Dressing Fresh Celery Sticks with Ranch Lunch Bunch Grapes
FEBRUARY 4 Tyson Chicken Nuggets -OR- Charbroiled Cheeseburger on WG Bun Carrot Coins Superstarz Hashbrowns Chilled Peaches	FEBRUARY 5 Tyson Chicken Fajita Soft Taco with Cup O' Fixin's -OR- Popcorn Chicken Whole Kernel Corn Baked Beans Chunky Fruit Cup	FEBRUARY 6 Tony's Stuffed Breadsticks with Dipping Sauce -OR- Honey BBQ Beef Rib-B-Que on WG Bun Seasoned Fries Fresh Broccoli & Ranch Tropical Fruit	FEBRUARY 7 Johnny Marzetti and Garlic Toast -OR- Cheese Quesadilla with Salsa Mixed Green Salad with Fat Free Raspberry Vinaigrette Applesauce Cup	FEBRUARY 8 Tony's Cheese Pizza -OR- Beef Fiestadas Fresh Baby Carrots with Ranch Tasty Green Beans Pineapples & Oranges Otis WG Chocolate Chip Cookie
FEBRUARY 11 Chicken Nuggets with Dip -OR- Sea Shapes WG Pretzel Rod Tater Tots Baked Beans Mandarin Oranges	FEBRUARY 12 Meatball Sub -OR- Chicken Patty on Bun Seasoned Fries Mixed Green Salad with Fat Free Dressing Cinnamon Applesauce Cup	FEBRUARY 13 MAGIC ★ TIME Macaroni & Cheese -OR- Corndog on a Stick Perfect Peas Cukes and Grape Tomatoes Fresh Fruit In Season Otis WG M&M Cookie	♥ FEBRUARY 14 ♥ Pizza Hut Pizza -OR-  Crispy Chicken Nuggets with Soft Pretzel Whole Kernel Corn Cukes & Tomatoes Applesauce Cup Frozen Sidekick	FEBRUARY 15 NO SCHOOL FOR STUDENTS STAFF TRAINING DAY
FEBRUARY 18 NO SCHOOL PRESIDENT'S DAY	FEBRUARY 19 Crispy Chicken Nuggets -OR- Mini Corndogs Potato Smiles Seasoned Green Beans Pineapples & Oranges Pepperidge Farms Goldfish Colors	FEBRUARY 20 Popcorn Chicken -OR- Turkey & Mozzarella on WG Bun Tater Tots Baked Beans Fresh Pears or Apples with Caramel Sauce	FEBRUARY 21 Baked Chicken -OR- Salisbury Steak with Gravy Mashed Potatoes Split Top Wheat Roll Fresh Broccoli with Ranch Chilled Diced Pears	FEBRUARY 22 Tony's Cheese Pizza -OR- Italian Sub Mixed Green Salad with Fat Free Dressing Baby Carrots Chilled Applesauce Cup Rocky Road Parfait
FEBRUARY 25 Chicken Patty on WG Bun -OR- Rib-B-Que on WG Bun Seasoned Fries Celery Sticks Chilled Pineapples & Oranges	FEBRUARY 26 Charbroiled Cheeseburger on WG Bun -OR- Hot Dog on WG Bun Tater Tots Short Cut Carrots Mixed Fruit	FEBRUARY 27 Chicken Nuggets -OR- Sea Shapes Honey Wheat Roll Chilled V-8 Juice Manager's Choice Fresh Veggie Fresh Fruit In Season	FEBRUARY 28 Taco Salad -OR- Chicken Tenders South of the Border Tortilla Chips Whole Kernel Corn Tropical Fruit	MARCH 1 Pepperoni Pizza -OR- Corndog on a Stick Seasoned Green Beans Mixed Green Salad with Fat Free Raspberry Vinaigrette Chilled Peaches

When available, a Peanut Butter & Jelly Uncrustable is offered daily as an alternate entree to grades K-4.
When available, a Chef Salad with a WG roll or breadstick and milk is offered daily as an alternate meal to grades K-4.
½ Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 50¢.
We care about healthy options! Look for WG on the menu anywhere we offer a Whole Grain choice for you.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.

MAKE THEM LOVE TO Try New Foods

You want your child to eat a variety of fruits, vegetables, lean protein, and whole grains. But he wants macaroni and cheese. ALWAYS.

Try these strategies to break through this picky-eater pattern.

Get Their Friends Involved

The next time you're carpooling or have your child's friend over, take the lead in a game of "I like to eat healthy _____, do you?" The kids can go around, answering with foods they enjoy. Make a note to serve some of the foods mentioned by his friends. Your youngsters just may be willing to try ones that his peers like!

Guess The Mystery Ingredient

Add an unfamiliar food to a dish that includes a few of your child's favorite ingredients. For example, toss kiwi into a fruit salad. Or put lima beans in mixed vegetables. Have him close his eyes and take a few bites. Let him name the familiar foods and guess the new one.

Explore As A Dinner Guest

When your youngster eats at someone else's house, encourage him to sample a little of whatever is served. He could add a spoonful of beets to his plate, for example, or take a small piece of salmon. When he gets home, ask what he tried. Can he describe its taste? Then, consider making it at home—he might be willing to eat a dish "like the one at Joey's house."

Have A Shopping Day

Making eating fun will get your child excited to try new foods. Make a trip to the store together and let him pick out five new healthy foods that he has not tried before so that he can try each one through the week. You will have a more adventurous eater before you know it!

