



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Butterscotch Oatmeal Bar (25)</b> Giant Cinnamon Goldfish(19) Diced Pear Cup Orange Juice(15) 1% White Milk(12)	<b>WG Bagel w/Cream cheese(30)</b> Fresh Apple(19) 1% White Milk(12)	<b>Double Chocolate Chip Muffin(27)</b> Mini Vanilla Wafers(19) Apple Juice(15) Mandarin Orange Cup 1% White Milk(12)	<b>WG Cinnabar (45)</b> Fresh Banana(30) Orange Juice(15) 1% White Milk(12)
572:585:90	<b>1</b> 430:335:71	<b>2</b> 492:480:61	<b>3</b> 480:310:73	<b>4</b> 550:380:102
<b>Cinnamon Toast Crunch Cereal(22)</b> Animal Grahams(20) Mandarin Orange(20) Apple Juice(15) 1% White Milk(12)	<b>Mixed Berry Rice Krispies Cereal Bar (27)</b> Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% White Milk(12)	<b>Dannon Nonfat Creamy Yogurt (14)</b> Giant Cinnamon Goldfish(19) Fresh Apple(19) 1% White Milk(12)	<b>Nutri-grain Bar(30)</b> Giant Cinnamon Goldfish(19) Apple Juice(15) Mandarin Orange Cup 1% White Milk(12)	<b>WG Raspberry Bar (46)</b> Fresh Banana(30) Orange Juice(15) 1% White Milk(12)
<b>7</b> 490:415:89	<b>8</b> 430:315:73	<b>9</b> 372:290:64	<b>10</b> 430:380:76	<b>11</b> 550:400:103
<b>Frosted Flakes(24)</b> Mini Vanilla Wafers(19) Pineapple Tidbits(17) Apple Juice(15) 1% White Milk(12)	<b>Breakfast Nutrition Bar(41)</b> Orange Juice(15) Mixed Fruit Cup 1% White Milk(12)	<b>WG Bagel w/Cream cheese(30)</b> Fresh Apple(19) 1% White Milk(12)	<b>WG Blueberry Muffin(30)</b> Animal Grahams(20) Applesauce Cup(13) Apple Juice(15) 1% White Milk(12)	<b>WG Apple Roll (35)</b> Fresh Banana(30) Orange Juice(15) 1% White Milk(12)
<b>14</b> 470:375:87	<b>15</b> 410:195:68	<b>16</b> 492:480:61	<b>17</b> <b>St. Patrick's Day</b> 520:385:90	<b>18</b> 480:330:92
<b>Trix Cereal Bar(29)</b> Animal Grahams(20) Diced Pears(15) Orange Juice(15) 1% White Milk(12)	<b>Cinnamon Toast Crunch Cereal bar (30)</b> Mini Vanilla Wafers(19) Apple Juice(15) Mixed Fruit Cup 1% White Milk(12)	<b>Dannon Nonfat Creamy Yogurt (14)</b> Giant Cinnamon Goldfish(19) Fresh Apple(19) 1% White Milk(12)	<b>Smore Nutrition Bar(42)</b> Giant Cinnamon Goldfish(19) Mixed Berry Applesauce Cup(13) Apple Juice(15) 1% White Milk(12)	<b>WG Goody Bun (34)</b> Fresh Banana(30) Orange Juice(15) 1% White Milk(12)
<b>21</b> 500:345:91	<b>22</b> 460:325:76	<b>23</b> 372:290:64	<b>24</b> 580:325:101	<b>25</b> 510:370:91
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	572:585:90



### Thought for Thought

### Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

2/15/2022 3:21:20 PM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:491 AvgSod(mg):394 AvgCarbs(g):82

"or." = An alternative selection to choose. "WG"=Whole Grain  
 1% White & 1%Chocolate Milk available daily.



**\*\*Menu Subject to Change\*\***



Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>Swedish Meatballs with Rice(45)</b> Baked Green Beans(6) Fresh Apple(19) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Popcorn Chicken w/ Corn Bread(49)</b> Potato Wedges (24) Diced Pears(15) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Rotini w/Italian Meat Sauce</b> Breadstick(17)Peas &amp; Carrots(6) Fresh Apple slices(7) 1% White or 1% Chocolate Milk(20)</p>	<p><b>BBQ Pulled Chicken on WG Bun(31)</b> Seasoned Corn(25) Fresh Banana(30) 1% White or 1% Chocolate Milk(20)</p>
572:585:90	<b>1</b> 572:585:90	<b>2</b> 781:1145:108	<b>3</b> 303:408:51	<b>4</b> 589:767:107
<p><b>WG Pizza Slice(31)</b> Baby Carrots w/ Ranch(5) Orange Juice(15) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Classic Cheeseburger on WW Bun(29)</b> Mashed Potato Bites (4) Applesauce Cup(13) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Cheese Enchiladas (30)</b> Mexican Pinto Beans(27) Pineapple Tidbits(17) 1% White or 1% Chocolate Milk(20)</p>	<p><b>BBQ Beef Meatballs with Brown Rice(53)</b> Seasoned Corn(25) Fresh Apple slices(7) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Asian Chicken w/ Brown Rice(42)</b> Oriental Vegetable Blend(4) Fresh Banana(30) 1% White or 1% Chocolate Milk(20)</p>
<b>7</b> 438:933:71	<b>8</b> 531:1098:66	<b>9</b> 690:1261:94	<b>10</b> 634:837:105	<b>11</b> 553:620:97
<p><b>WG Pizza Slice(31)</b> Romaine w/ Dressing(1) Fresh Orange(11) 1% White or 1% Chocolate Milk(20)</p>	<p><b>WG Mini Corn Dogs(159)</b> Baked Beans(48) Diced Peaches(14) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Chicken Fajita with Tortilla(16)</b> Marvelous Mixed Veggies Mixed Berry Applesauce Cup(13) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Walking Taco w/ WG Corn Chips(28)</b> Baked Green Beans(6) Fresh Apple(19) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Chicken Nuggets w/Macaroni &amp; Cheese</b> Baby Carrots w/ Ranch(5) Fresh Banana(30) 1% White or 1% Chocolate Milk(20)</p>
<b>14</b> 414:898:63	<b>15</b> 2113:6148:241	<b>16</b> 720:935:49	<b>17</b> <b>St.Patrick's Day</b> 546:778:73	<b>18</b> 656:1087:92
<p><b>WG Pizza Slice(31)</b> Baby Carrots w/ Ranch(5) Orange Juice(15) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Penne with Alfredo sauce and WG Breadstick(32)</b> Steamed Broccoli(5) Diced Pears(15) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Beef &amp; Cheese Nachos w/ WG Corn Chips(24)</b> Tossed Salad with Ranch(2) Pineapple Tidbits(17) 1% White or 1% Chocolate Milk(20)</p>	<p><b>Breaded Chicken Patty on WW Bun(41)</b> Peas &amp; Carrots(6) Fresh Apple(19) 1% White or 1% Chocolate Milk(20)</p>	<p><b>All-American Hamburger on WW Bun(29)</b> Baked Beans(48) Fresh Banana(30) 1% White or 1% Chocolate Milk(20)</p>
<b>21</b> 438:933:71	<b>22</b> 513:666:73	<b>23</b> 560:996:63	<b>24</b> 603:1146:86	<b>25</b> 761:1737:127
<b>28</b> No School	<b>29</b> No School	<b>30</b> No School	<b>31</b> No School	572:585:90



## Thought for Thought

## Tips & Information

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:639 AvgSod(mg):1100 AvgCarbs(g):90

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