



TEAYS VALLEY HIGH SCHOOL

FEBRUARY-2019



CARLA BALLARD-CAFETERIA MANAGER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESESTICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	SAUSAGE BISCUIT 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	BACON,EGG,CHEESE <i>BREADSTICK</i> 100 % FRUIT JUICE FRUIT CUP MILK 	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
	SAUSAGE BISCUIT 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESESTICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK 
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	BACON,EGG,CHEESE <i>BREADSTICK</i> 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
STUDENT LUNCH \$3.00	REDUCED LUNCH.....40		EXTRA MILK.....50	Adult Lunch...\$4.00
BREAKFAST PRICES:	STUDENT BREAKFAST.....\$1.50		REDUCED-PRICE BREAKFAST.....\$.30	

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

NUTRITION NOTES:

TO PROVIDE A VARIETY OF NUTRIENTS AND FIBER IN THE DIET, EAT MORE DARK-GREEN VEGETABLES, ORANGE VEGETABLES, AND DRY BEANS AND PEAS. SOME EXAMPLES ARE BROCCOLI, SPINACH, CARROTS, SWEET POTATOES, AND PUMPKIN AS WELL KIDNEY BEANS, PINTO BEANS, SPLIT PEAS, AND LENTILS. A HEARTY VEGETABLE SOUP COULD INCORPORATE MANY OF THESE COLORFUL AND NUTRITIOUS VEGETABLES TO SERVE UP STEAMING HOT ON A COLD WINTER'S DAY!



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