



# TEAYS VALLEY ELEMENTARY

## FEBRUARY-2019



LIBBY THOMAS S.BLOOM TAMMY ALDENDERFER SCIOTO CATHY ECKEL ASHVILLE VERONICA ANGLES WALNUT

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	DONUT CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CHEESE/EGG BREADSTICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
<b>4-Feb</b>	<b>5-Feb</b>	<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	WG POPTART CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	SAUSAGE BISCUIT 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
<b>11-Feb</b>	<b>12-Feb</b>	<b>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK 	CHEESE/EGG BREADSTICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	DONUT CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
<b>18-Feb</b>	<b>19-Feb</b>	<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>
 <b>NO SCHOOL</b>	SAUSAGE BISCUIT 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	WG POPTART CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK 	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
<b>25-Feb</b>	<b>26-Feb</b>	<b>27-Feb</b>	<b>28-Feb</b>	<b>1-Mar</b>
CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	DONUT CHEESE STICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CHEESE/EGG BREADSTICK 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK	CEREAL TOAST 1/2 C 100% JUICE FRESH FRUIT CHOICE MILK
<b>STUDENT LUNCH...\$2.75</b>	<b>REDUCED LUNCH.....40</b>		<b>EXTRA MILK.....50</b>	<b>Adult Lunch...\$4.00</b>
<b>BREAKFAST PRICES:</b>	<b>STUDENT BREAKFAST.....\$1.50</b>		<b>REDUCED-PRICE BREAKFAST.....\$30</b>	

\*\*\*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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