

## TEAYS VALLEY ELEMENTARY SCHOOLS FEBRUARY 2019



			ALNUT LIBBY THOMAS-SOUTH BLOOMFIE	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
POPCORN CHICKEN	EGG AND CHEESE OMELET	PIZZA	DELI SUB WITH BACON	TACO PIZZA
SEASONED RICE	SAUSAGE LINKS	VERY GREEN SALAD	SWEET POTATO TOTS	BLACK OR REFRIED BEANS
BROCCOLI/ CHEESE	HASHBROWN ROUNDS	CARROTS	GREEN BEANS	CORN
CELERY STICKS-DIP	CUCUMBERS-DIP	FRESH FRUIT-APPLESAUCE	FRESH FRUIT-PINEAPPLE	FRESH FRUIT-MIXED FRUIT
FRESH FRUIT-PEACH CUP	FRESH FRUIT-JUICE CUP	COOKIE	TEDDY GRAHAMS	SOUR CREAM-SALSA CUP
MILK	CINNAMON BREADSTICK-MILK	MILK	MILK	MILK
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
MINI WAFFLES	CHICKEN STRIPS	PIZZA	PASTA / MEAT SAUCE	HAMBURGER ON BUN
CHEESE OMELETS	MIXED VEGETABLES	BROCCOLI	TOSSED SALAD	OVEN BAKED FRIES
HASHBROWNS	SWEET CORN	CARROTS	TOMATO- CELERY CUP	OVEN BAKED BEANS
FRESH VEGGIES-DIP	FRESH FRUIT-PEAR CUP	FRESH FRUIT-APPLESAUCE	FRESH FRUIT-TROPICAL FRUIT	FRESH FRUIT-MANDARIN ORANGES
FRESH FRUIT-JUICE CHOICE	WG DINNER ROLL	COOKIE	WG GARLIC BREAD	PICKLES
MILK	MILK	MILK	MILK	MILK
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
OVEN FRIED CHICKEN DRUMSTICKS	BEEF HOT DOG ON BUN	PIZZA	TACO IN BAG MEAT, CHEESE, CHIP	BOSCO STICKS
MASHED POTATOES	TASTY TOTS	ROMAINE SALAD	BLACK OR REFRIED BEANS	MARINARA CUP
BROCCOLI	PEAS AND CARROTS	CARROTS	CORN	GREEN BEANS
FRESH FRUIT-PEAR CUP	FRESH FRUIT-PINEAPPLE	FRUIT CHOICE	FRUIT CHOICE	FRESH FRUIT-BERRY CUP
APPLE FRUDEL	CHEDDAR SUN CHIPS	COOKIE	SALSA CUP	SCOOBY SNACK
MILK	MILK	MILK	NMILK	MILK
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
PRESIDENTS DAY!	CHICKEN STRIPS	PIZZA	TURKEY CLUB SANDWICH	POPCORN CHICKEN
	MASHED POTATOES/GRAVY	BROCCOLI	CHILI SOUP / CRACKERS	CHEESY POTATOES
	CUCUMBER & CARROT CUP	CARROTS	CELERY STICKES- DIP	GREEN BEANS
	FRESH FRUIT-APPLESAUCE	FRESH FRUIT-PEAR CUP	FRESH FRUIT-TROPICAL FRUIT	FRESH FRUIT-PINEAPPLE
	WG DINNER ROLL	COOKIE	CHERRY PIE	WG DINNER ROLL
	CHOICE OF DIP-MILK	MILK	MILK	MILK
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
PANCAKE/SAUSAGE ON STICK	HAMBURGER ON BUN	PIZZA	RAVIOLI / MEATSAUCE	CHICKEN NUGGETS
TATER TOTS	OVEN BAKED BEANS	GREEN BEANS	ROMAINE SALAD	OVEN BAKED FRIES
CELERY STICKS-DIP	CORN	CARROTS	VEGGIE STICKS/DIP	VEGGIES
FRESH FRUIT - JUICE CHOICE	FRESH FRUIT-MIXED FRUIT CUP	FRESH FRUIT-APPLESAUCE	FRESH FRUIT-JUICE BAR	FRESH FRUIT-MIXED FRUIT CUP
CHEESE STICK	PICKLE SLICES-BAKED CHIPS	COOKIE	GARLIC BREAD	WG DINNER ROLL
MILK	MILK	MILK	MILK	MILK
STUDENT LUNCH\$2.70	REDUCED LUNCH40		EXTRA MILK50	ADULT \$4.00
STUDENT BREALFAS \$ 1.50	REDCED BREAKFAST \$ .30			

Note: Menu Subject to Change Without Notice

## **NUTRITION NOTES:**

EATING RIGHT AND BEING PHYSICALLY ACTIVE ARE NOT JUST "DIETS" OR "PROGRAMS"--THEY ARE KEYS
TO A HEALTHY LIFESTYLE. WITH HEALTHFUL HABITS, YOU MAY REDUCE YOUR RISK OF MANY CHRONIC DISEASES
SUCH AS HEART DISEASE, DIABETES, OSTEOPOROSIS, AND CERTAIN CANCERS, AND INCREASE YOUR CHANCES FOR A LONGER LIFE!



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