



# TEAYS VALLEY MIDDLE SCHOOL FEBRUARY 2019



JILL TEETS - EAST JANNETTE FAUSNAUGH - WEST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
<b>CHICKEN STRIPS</b> CHEESY POTATOES GREEN BEANS FRESH FRUIT-PINEAPPLE WG DINNER ROLL MILK	<b>BREAKFAST STUFFED BREADSTICKS</b> HASHBROWN ROUNDS CELERY - DIP FRESH FRUIT- JUICE CHOICE GOLDFISH GRAHAMS MILK	<b>PIZZA</b> BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	<b>CRISPY CHICKEN SANDWICH</b> CORN TOSSED SALAD FRESH FRUIT-TROPICAL FRUIT FROZEN TREAT MILK	<b>HOT DOG ON BUN</b> OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-PEARS PUDDING CUP MILK
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
<b>MINI WAFFLES</b> CHEESE OMELETS HASHBROWNS CUCUMBERS - DIP FRESH FRUIT-JUICE CHOICE MILK	<b>TACO IN A BAG</b> BLACK OR REFRIED BEANS CORN FRUIT CHOICE SALSA CUP MILK	<b>PIZZA</b> BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	<b>CHEESY RAVIOLI</b> ITALIAN SALAD PEPPER STRIPS-DIP FRESH FRUIT-PEACH CUP WG GARLIC BREAD MILK	<b>BACON CHEESE BURGER</b> OVEN BAKED FRIES CELERY STICKS-DIP FRESH FRUIT-MANDARIN ORANGE PICKLES MILK
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
<b>CHEESE SCRAMBLED EGGS</b> SAUSAGE HASHBROWNS CELERY STICKS-DIP FRESH FRUIT-JUICE CHOICE DONUT-MILK	<b>DELUXE TURKEY SUB</b> CHILI SOUP-CRACKERS CUCUMBER-DIP FRESH FRUIT-PEAR CUP APPLE POCKET MILK 	<b>PIZZA</b> ROMAINE SALAD CARROTS FRUIT CHOICE COOKIE MILK	<b>OVEN FRIED CHICKEN LEGS</b> MASHED POTATOES GREEN BEANS FRESH FRUIT-APPLESAUCE CUP WG DINNER ROLL MILK	<b>BOSCO STICK-MARINARA CUP</b> TOSSED SALAD CAULIFLOWER FRESH FRUIT-MANDARIN ORANGE SCOOPY SNACK MILK
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
 <p style="text-align: center;"><b>HAPPY PRESIDENTS DAY!!</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<b>CHICKEN AND NOODLES</b> MASHED POTATOES GREEN BEANS FRESH FRUIT-PEACH CUP WG DINNER ROLL MILK	<b>PIZZA</b> ROMAINE SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	<b>BACON CHEESE BURGER</b> OVEN BAKED BEANS CORN FRESH FRUIT-PEAR CUP ICE CREAM CUP MILK	<b>GRILLED CHEESE</b> TOMATO SOUP-CRACKERS CELERY STICKS-DIP FRESH FRUIT-TROPICAL FRUIT CHERRY PIE MILK 
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
<b>PANCAKE/SAUSAGE ON STICK</b> HASHBROWN ROUNDS CELERY STICKS-DIP FRESH FRUIT-JUICE CHOICE CHEESE STICK-GRAHM CRACKER MILK	<b>CRUNCHY TACO'S</b> BLACK OR REFRIED BEANS FIESTA CORN FRESH FRUIT-PEAR CUP SOUR CREAM-SALSA CUP MILK	<b>PIZZA</b> ROMAINE SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	<b>CHICKEN TENDERS</b> MASHED POTATOES CUCUMBERS-DIP FRESH FRUIT-MANDARIN ORANGE WG DINNER ROLL MILK	<b>BOSCO STICK-MARINARA CUP</b> MIXED VEGETABLES FRESH VEGGIES-DIP FRESH FRUIT-MIXED FRUIT ICE CREAM CUP MILK
STUDENT LUNCH- \$2.90	REDUCED LUNCH.....40		EXTRA MILK.....50	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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