

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nutritional Info

 <p>Happy Valentine's Day</p>				<p>DoughBros' Cheese Or Sausage Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	
 <p>Chicken Tenders w. Brown Rice Or Black Bean Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Baked Fish Sandwich Or Macaroni & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Whole Grain French Toast Turkey Sausage Or Breakfast Sandwich Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Popcorn Chicken Mashed Potato Bowl Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>DoughBros' Cheese Or BBQ Chicken Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 640 Protein (g): 18 Carbs (g): 41 Total Fat (g): 8</p>
 <p>Chicken Teriyaki Bowl or Tofu Teriyaki Bowl w. Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Hard Shell Tacos Or Stuffed Shells Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Mmmburger Or Three Cheese Calzone Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Roasted Turkey w. Mashed Potatoes & Gravy or Pasta Primavera Steamed Veggies Cranberry Sauce Ice Cold Milk Pint</p>	<p>No School Parent Teacher Conferences</p>	<p>Calories: 646 Protein (g): 21 Carbs (g): 39 Total Fat (g): 9</p>
 <p>No School Presidents Day</p>	<p>Baked Chicken Sandwich Or Pesto Pasta Crispy Baked Fries Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chili Beef Bowl Or Vegetarian Chili Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Sloppy Joe Sandwich Or Veggie Bowl w. Rice & Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chicken Tenders w. Brown Rice Or Vegetarian Lasagna Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 643 Protein (g): 20 Carbs (g): 42 Total Fat (g): 8</p>
 <p>Barbeque Chicken Sandwich Or Pasta w. Marinara Sauce Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	 <p>Soft Shell Taco Tuesday Or Veggie Tacos w. Rice, Beans, Salsa, & Sour Cream! Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>All Beef Hot Dog Or Black Bean Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chicken Nuggets w. Brown Rice Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>		<p>Calories: 643 Protein (g): 20 Carbs (g): 44 Total Fat (g): 9</p>

Did You Know:

APPLES are among the most popular fruits in the world!

They are high in fiber, vitamin C, and various antioxidants.

Red Delicious



Granny Smith



Gala

