



# VIP LUNCH MENU FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Students Must Select 3 out of the 5 Meal Components.</b></p> <p><b>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable</b></p>	<p>ChooseMyPlate.gov</p>	<p><b>Our menu is Trans Fat Free!</b></p>	<p>1 <u>Meat &amp; Grain</u> Cheese Pizza</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p>2 <u>Meat &amp; Grain</u> Cheeseburger Meatloaf w/Dinner roll Corndog</p> <p>Happy Groundhog Day!</p>
<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b></p>			<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Orange Smiles 1% or Fat Free Milk</p>
<p>5 <u>Meat &amp; Grain</u> Chicken Patty</p> <p>American Sub</p>	<p>6 <u>Meat &amp; Grain</u> Chicken Alfredo Pasta</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>7 <u>Meat &amp; Grain</u> Breakfast for Lunch Pancakes &amp; Sausage Patties</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p>8 <u>Meat &amp; Grain</u> Pepperoni Pizza</p> <p>Corn Dog</p>	<p>9 <u>Meat &amp; Grain</u> Orange Chicken over Steamed Brown Rice</p> <p>Hamburger</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Corn Grapes 1% or Fat Free Milk</p>
<p>12 <u>Meat &amp; Grain</u> Roasted Turkey w/ Dinner Roll</p> <p>Italian Sub</p>	<p>13 <u>Meat &amp; Grain</u> *Fish Sticks w/Avocado Mac &amp; Cheese**</p> <p>Chicken Salad Wrap</p> <p><b>**NEW ITEM</b></p>	<p>14 <b>Happy Valentine's Day!</b> <u>Meat &amp; Grain</u> Beef Taco / with lettuce/tomato/cheese Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>15 <u>Meat &amp; Grain</u> Pepperoni Pizza</p> <p>Hotdog</p>	<p>16 <u>Meat &amp; Grain</u> **Vegetarian Chili w/Dinner roll</p> <p>Sun Butter &amp; Jelly Sandwich</p> <p><b>**NEW ITEM</b></p>
<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>19 <u>Meat &amp; Grain</u> Trix Yogurt, String Cheese, Scooby Doo Grahams</p> <p>Cheeseburger</p>	<p>20 <u>Meat &amp; Grain</u> Chicken Nuggets w/ Dinner Roll</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p>21 <u>Meat &amp; Grain</u> Shredded BBQ Pork Sandwich</p> <p>American Sub</p>	<p><b>School Closed Rodeo Break February 22 - 23</b></p>	
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>		
<p>26 <u>Meat &amp; Grain</u> Corn Dog</p> <p>Chicken Salad Wrap</p>	<p>27 <u>Meat &amp; Grain</u> Chicken Alfredo Pasta</p> <p>Italian Sub</p>	<p>28 <u>Meat &amp; Grain</u> **Grilled Chicken Pita w/Sesame Drizzle Trix Yogurt / String Cheese/ Graham Crackers <b>**NEW ITEM</b></p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>	
<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>		

All grains offered are Whole Grain Rich.  
Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

February is National Black History Month  
February 11 – 17 is International Friendship Week

**“This institution is an equal opportunity provider.”**