

February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|---|---|
| <p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>BREAKFAST IS SERVED WITH JUICE AND MILK</i></p> <p><i>LUNCH IS SERVED WITH MILK</i></p> | | | | | <p>1</p> <p>WG Mini Cinni Fruit</p> <p>Pepperoni Pizza Tossed Salad Baby Carrots Fresh Fruit Choice</p> | <p>2</p> |
| <p>3</p> | <p>4</p> <p>WG Cereal/WG Toast Fruit</p> <p>Breaded Pork/WG Bun Green Beans Garden Salad Applesauce</p> | <p>5</p> <p>WG Waffles Sausage Patty/Fruit</p> <p>WG Beef & Bean Burrito Corn Refried Beans Mandarin Oranges</p> | <p>6</p> <p>WG Muffin/Yogurt Fruit</p> <p>WG Breakfast Wrap Hash Brown Red & Green Pepper Strips WG Apple Muffin Orange Juice</p> | <p>7</p> <p>Sausage, Egg & Cheese Bar/Fruit</p> <p>Pig in a Blanket Mixed Veggies Baby Carrots Fruit Choice</p> | <p>8</p> <p>WG Apple/Cherry Strudel Fruit</p> <p>WG Mozzarella Cheese Sticks Marinara Sauce Tossed Salad Apple Slices</p> | <p>9</p> |
| <p>10</p> | <p>11</p> <p>WG Cereal/WG Toast Fruit</p> <p>WG Crispy Chicken/Bun Baked Beans Sweet Potato Puffs Diced Pears</p> | <p>12</p> <p>WG Pancake Wrap Fruit</p> <p>Kicked Up Queso Totchos Baby Carrots Celery Sticks Pineapple</p> | <p>13</p> <p>Cheese Omelet WG Toast/Fruit</p> <p>Santa Fe Wrap Mixed Greens Salad Cucumber Slices Diced Peaches</p> | <p>14</p> <p>WG French Toast Sticks Fruit</p> <p>WG Penne Pasta w/Meat Sauce Green Beans Cesar Salad Applesauce</p> | <p>15</p> <p>WG Bagel w/Cream Cheese Fruit</p> <p>WG Taco Pizza Garden Salad Fresh Broccoli Banana</p> | <p>16</p> |
| <p>17</p> | <p>18</p> <p>NO SCHOOL</p> | <p>19</p> <p>WG Cereal/WG Toast Fruit</p> <p>WG Chees Quesadilla Garden Salad Tomato Salsa Diced Pears</p> | <p>20</p> <p>WG Nutri Grain Bar Yogurt/Fruit</p> <p>Sloppy Joe/WG Bun Creamy Coleslaw Tator Tots Diced Peaches</p> | <p>21</p> <p>WG Breakfast Wrap Fruit</p> <p>Pork Rib/WG Bun Tossed Salad Baby Carrots Fruit Choice</p> | <p>22</p> <p>WG Muffin/Yogurt Fruit</p> <p>Baked Potato w/Butter Diced Ham Broccoli & Cheese Orange Slices WG Breadstick</p> | <p>23</p> |
| <p>24</p> | <p>25</p> <p>WG Cereal/WG Toast Fruit</p> <p>Mini Meatball Sub Garden Salad Baby Carrots Mixed Fruit</p> | <p>26</p> <p>WG Mini Pancakes Fruit</p> <p>Crispito WG Tortilla Chips Refried Beans Tomato Salsa Pineapple</p> | <p>27</p> <p>WG Breakfast Pizza Fruit</p> <p>Italian Chicken/WG Bun Green Beans Baby Carrots Fruit Choice</p> | <p>28</p> <p>Egg & Cheese Burrito Fruit</p> <p>WG Chicken Nuggets Mashed Potatoes Mixed Veggies Diced Peaches</p> | | |
| <p>Application for Free/Reduced Meals is available www.unitedcomets.org or in the district office</p> | | | | | | <p>**This Institution is an Equal Opportunity Provider**</p> |

Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich