TOIS 2018 February

Our menus are aligned with the USDA's Healthy Hunger Free Kids Act.

Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers Tuesday – Mini Pancakes or Hot Breakfast Sandwich Wednesday – Whole Grain Mini Cinni Pastry Thursday – Breakfast Pizza Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

| 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | | | 2/1 Jumbo Pop Corn Chicken BBQ Baked Beans | 2/2 Big Daddy Pizza Side Salad |
|---|---|---|--|--|
| 2/5 Mozzarella Sticks Sweet Fries | 2/6 Spuds Bar w/ Tortilla Chips Broccolini | 2/7 BBQ Chicken over Rice Corn Kernels | 2/8 Chicken & Waffles Black Beans | 2/9 Pepperoni Pizza Side Salad |
| 2/12 Maple Pancakes Potato Puffs | 2/13 Pop Corn Chicken w/roll Potato Wedge | 2/14 Meatball Hoagies Broccoli Bites | 2/15 Taco Bar Refried Beans | 2/16 No School Teachers In Service |
| 2/19 School Closed Presidents Day | 2/20 Chicken in a Basket Waffle Fries | 2/21 Macaroni & Cheese w/roll Collard Greens | 2/22 Chicken Stir-fry w/rice Oriental Blend Vegetable | 2/23 Big Daddy Side Salad |
| 2/26 French Toast Sticks Home Fries | 2/27 Chicken Nuggets w/roll French Fries | 2/28 Spaghetti & Meatballs Roasted Vegetables | Questions or concerns: Please contact Jacqueline.wagner@ Sodexo.com | Choos: MyPiate gov |



A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



See Daily Entrée Selections above.
All entrees served with a Milk,
Vegetable and Fruit or Juice



EVERYDAY CHOICES

Flame Broiled Beef Burgers, Chicken Patties, Hotdogs, Cheese Steaks & BBQ Riblettes



WEEKLY CHOICES Week #1: Chicken Caesar Wrap or Chef Salad or Egg & Muffin Bento Box

Week #2 : Italian Sub or Grilled Chicken Salad
Week #3 : Turkey & Cheese s/w or Garden Salad w/cheese
Week #4: Ham & Cheese s/w or Turkey Club Salad or Healthy Hummus Bento Box
Week #5 : Tuna Salad s/w or Chicken Caesar Salad
Available Daily: Turkey & Cheese & Peanut Butter & Jelly







Vegetarian



We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or cal (800) 795-3373 (voice) or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.