

February

North Crawford

The USDA is an equal opportunity provider

2017 Breakfast and Lunch Menu

Menus subject to Change

Wednesday Feb 1	Thursday Feb 2	Friday Feb 3		
<p>Breakfast: Mini French Toast</p> <p>High School- Grab n go</p> <p>Lunch: Pizza Dippers Choice of Garlic Cheese or Marinara Sauce Corn Cobette Baked Beans Fresh Fruit</p>	<p>Breakfast: Mini Cinnamon Bagels</p> <p>High School- Grab n go</p> <p>Lunch: Chicken Nuggets Sweet Dinner Roll Waffle Fries Corn Apple Slices</p> 	<p>Breakfast: Breakfast Calzone</p> <p>High School- Grab n go</p> <p>Super Bowl Party Lunch: Popcorn Chicken or Ham and Cheese Sliders Cheesy Tater Tots Fresh Celery and Carrots with Dip Peaches Mini Rice Krispies Bar</p> 		
Monday Feb 6	Tuesday Feb 7	Wednesday Feb 8	Thursday Feb 9	Friday Feb 10
<p>Breakfast: Yogurt and Granola</p> <p>High School- Grab n go</p> <p>Lunch: Beef Wonder Bites Teriyaki Flavored Buttery Mashed Potatoes Dinner Roll Caesar Salad Strawberries</p>	<p>Breakfast: Fruit Frudel</p> <p>High School- Grab n go</p> <p>Lunch: Cheeseburger Quesadilla Sweet Potato Fries Green Beans Pineapple Cookie</p>	<p>Breakfast: Oatmeal</p> <p>High School- Grab n go</p> <p>Lunch: Rosemary Garlic Baked Chicken Parmesan Pasta Steamed Carrots Corn Apple Slices</p>	<p>Breakfast: Breakfast Pizza</p> <p>High School- Grab n go Breakfast Pizza</p> <p>Lunch: Homemade Pizza Caesar Salad Broccoli Mini Fruit Pizza Fruit Cocktail</p> 	<p>Breakfast: Breakfast Burrito</p> <p>High School- Grab n go</p> <p>Lunch: BBQ Sliders French Fries Corn Applesauce Cup</p>
Monday Feb 13	Tuesday Feb 14	Wednesday Feb 15	Thursday Feb 16	Friday Feb 17
<p>Breakfast: Cereal or Cereal Bar</p> <p>High School- Grab n go</p> <p>Lunch: Grilled Cheese & Tomato Soup Side Salad Roasted Brussel Sprouts Pears</p>	<p>Breakfast: Valentine Smoothie</p> <p>High School- Grab n go</p> <p>Lunch: Nachos with meat and Cheese Spanish Rice Refried Beans Strawberries Valentine Jello Cup</p> 	<p>Breakfast: Sweet Bread</p> <p>High School- Sweet Bread</p> <p>Lunch: Pulled Pork Sandwich Chips Roasted Cauliflower Applesauce Cup</p>	<p>Breakfast: Pancake Sausage Stick</p> <p>High School- Grab n go</p> <p>Lunch: Hot Dog w/ Chili Chips Baked Beans Roasted Broccoli Orange Wedges</p>	<p>NO SCHOOL</p>

Monday Feb 20

Breakfast:

Strawberries n Cream
Oatmeal
High School-
Grab n go

Lunch:

Mini Corn Dogs
Smiley Potatoes
Corn
Grapes



Tuesday Feb 21

Breakfast:

Cheese Omelet
High School-
Grab n go

Lunch:

BBQ Sandwich
Seasoned Potato
Wedges
Steamed Carrots
Fruit Cocktail



Can you fit in the "hearty" foods?



Wednesday Feb 22

Breakfast:

Cereal or Cereal Bar
High School-
Grab n go

Lunch:

Breaded Chicken
Sandwich
Tater Tots
Mixed Green salad
Banana

Thursday Feb 23

Breakfast:

Cereal
High School-
Grab n go

Lunch:

Red Beans and Rice
with Smoked Sausage
Garlic Texas Toast
Green Beans
Peaches
Cookie

Friday Feb 24

Breakfast:

Muffin and Yogurt
High School-
Grab n go

Lunch:

BBQ Baked Chicken
Potato Salad
Baked Beans
Dinner Roll
Apple

Monday Feb 27

Breakfast:

Biscuits and Gravy
High School-
Grab n go

Lunch:

Hamburger
French Fries
Roasted Veggies
Side Salad
Strawberries

Tuesday Feb 28

Breakfast:

Sausage and Cheese
Biscuit
High School-
Grab n go

Lunch:

Asian Chicken
Rice
Stir Fried Veggies
Fortune Cookie
Pineapple



Every complete meal we serve comes with your choice of milk!

The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates – and you should also try to fit them in to the crossword puzzle above!



Almonds
Asparagus
Oatmeal
Walnuts
Spinach
Salmon
Blueberries
Strawberries
Black Beans
Cantaloupe

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

DON'T GET!
To make a lunch, choose at least one

Fruit/Juice or Veggie

Grains Milk Protein

Fruit/Juice and 3-5 items total Vegetables

HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

February breakfast cost:

Elementary/HS- \$20.90
Per Meal- \$1.10

February Lunch costs:

MS/HS - \$52.25 (\$2.75)
Elementary - \$46.55 (\$2.45)
Extra Milk - \$0.30
Adult Breakfast - \$1.60
Adult Lunch - \$3.55

We encourage you to monitor your child's lunch account online to keep your balance current

