

FEBRUARY

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
5	6	7	8	9
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Cal: 350 Sod: 220mg Sugars: 48g	WG Cereal Bar 30g Go-Gurt 8g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
12	13	14	15	16
WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Cal: 350 Sod: 220mg Sugars: 48g	WG Cereal Bar 30g Go-Gurt 8g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
19	20	21	22	23
	WG Cereal Bar 30g Go-Gurt 8g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
26	27	28	29	
	WG Cereal Bar 30g Go-Gurt 8g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	

Menus are subject to change due to availability of food or unplanned school closings.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510



FEBRUARY

CATA LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Carb grams indicated in ORANGE. Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.	High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit options		Grilled Cheese 31g Mixed Vegetables 10g Pineapples 27g Cal: 420 Sodium: 600mg Sugars: 9g	Chzburger on a WG Bun 30g Onion Rings 30g Fruit Slushie 22g Cal: 510 Sodium: 844mg Sugar: 34g
5	6	7	8	9
Turkey & Cheese Melt on a WG Bun 27g Mxd Veggies 12g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	TACO Wednesday Chix Taco 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	Swedish Meatballs 16g Green Beans 4g Pineapples 27g WG Roll 12g Cal: 283 Sodium: 717mg Sugars: 23g	Chix Wings 7g Veg. Baked Beans 30g Pears 25g WG Cracker 17g Cal: 574 Sodium: 639mg Sugars: 59g
12	13	14	15	16
Corn Dog 36g S/P Fries 24g Fruit Slushie Cup 22g Cal: 540 Sodium: 384 Sugar: 52g	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	TACO Wednesday Chix Taco 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	Johnny Marzetti 34g Broccoli 3g WG Roll 24g Pears 25g Cal: 526 Sodium: 489mg Sugar: 26g	Mozzarella Stix w/ 12g Marinara Sauce 4g Green Beans 4g Peaches 18g Cal: 245 Sodium: 760m Sugars: 18g
19	20	21	22	23
	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	TACO Wednesday Chix Taco 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	BBQ Meatball Sub 22g on a WG Bun 28g S/P Fries 24g Banana 27g Cal: 700 Sodium: 880 Sugar: 33g	Chix Drumstick 6g Broccoli 2g Mashed Potatoes 22g WG Roll 12g Cal: 465 Sodium: 375mg Sugar: 36g
26	27	28	29	
	Pizza Day WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	TACO Wednesday Chix Taco 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	Turkey & Cheese Melt on a WG Bun 27g Mxd Veggies 12g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g	

Menus are subject to change due to availability of food or unplanned school closings.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Contact: Melissa Bryant 614.747.0196