

Feb.

ELEMENTARY MENU



Super Bowl Sunday



THE LOCKER ROOM TALK
 School Meals = Healthy Weight
 Being Active = Healthy Weight



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Choose MyPlate.gov</p>		<p>1</p> <p>Breakfast Biscuit Sandwich or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Spaghetti & Meat Sauce w/Bread Corn Apple Milk</p>	<p>2 Super Bowl Party</p> <p>Cinnamon Roll w/Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Little Smokies w/Garlic Toast Fresh Veggies & Dip Bananas & Pudding Milk</p>
<p>5</p> <p>Sausage Pancake Stick or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Mini Corn Dogs Baked Beans Pears Milk</p>	<p>6</p> <p>Omelet & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Hot Ham & Cheese Sandwich Tater Tots Grapes Milk</p>	<p>7</p> <p>Mini Bagels or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chicken Nuggets Carrots & Dip Peaches Chips w/Meal Milk</p>	<p>8</p> <p>Biscuit & Sausage Gravy or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Taco Crunch Corn Warm Apple Slices Milk</p>	<p>9</p> <p>Mini French Toast & Syrup or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Choice of Pizza Garden Salad Blueberry Crisp Milk</p>

Available Daily for Lunch

- Garden Bar
- PB & J Sandwich w/Cheese Stick
- Chef Salad w/Crackers
- Deli Ham Sandwich

Menus Subject to Change
 This institution is an equal opportunity provider.

Apply Online!
 Free & Reduced Meal Benefits 24/7
www.heartlandapps.com
 Click here



Pay online or monitor account at:
myschoolbucks.com



Feb.

Elementary Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12 Early Release Tornado & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Hamburger or Cheeseburger Baked Beans Pineapple Tidbits Milk</p>	<p>13 Fat Tuesday Sausage & Egg Biscuit or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Ham/Turkey Sandwich w/Gumbo Slaw New Orleans Fruit Salad Kings Cake w/Meal Milk</p>	<p>14 Valentine's Day Long John Donut & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Fish Sticks w/Mac & Cheese Green Beans Orange Valentine Cookie w/Meal Milk</p>	<p>15 Scrambled Eggs & Ham Slice w/Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Popcorn Smackers Garden Salad Corn Jello w/Fruit Milk</p>	<p>16 Cinnamon Roll or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Cheese Bosco Breadsticks Cooked Carrots Banana Milk</p>
<p>19 Presidents Day No School</p> <p></p>	<p>20 Breakfast Bosco or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>Brunch Lunch Mini Pancakes & Syrup Sausage links Hashbrown Orange Wedges Milk</p>	<p>21 Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chili w/Cinnamon Roll Garden Bar Apple Milk</p>	<p>22 Sausage Pancake Stick or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Crispy Chicken Filet Mashed Potatoes & Gravy Cooked Carrots Banana Milk</p>	<p>23 Monthly Birthday Celebration! French Toast Sticks or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Choice of Pizza Garden Salad Corn Mixed Fruit Ice Cream w/Meal Milk</p>
<p>26 Breakfast Pizza or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chicken Fajitas Red Beans & Rice Applesauce Milk</p>	<p>27 Homemade Burrito & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chicken & Noodles Cheese Stick Carrots & Celery w/Dip Jello w/Fruit Milk</p>	<p>28 Cinnamon Biscuit or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>BBQ Pulled Pork Sandwich Tater Tots Strawberry Salad Milk</p>	<p>March 1 Mini Pancakes or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Hot Dog Baked Fries Peaches Milk</p>	<p>2 No School</p> <p></p>

- The number of these conversation candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.

Available Daily for Lunch

- Garden Bar
- PB & J Sandwich w/Cheese Stick
- Chef Salad w/Crackers
- Deli Ham Sandwich

Menus Subject to Change

This institution is an equal opportunity provider.



Pay online or monitor account at:
myschoolbucks.com

