### February Menu

#### 1. Monday
- **Chef Salad**
- Sunbutter & Jelly Sandwich (V)
- Gooey Grilled Cheese Sandwich & Soup (V)
- Walking Nachos
- Refried Beans, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Apples

#### 2. Tuesday
- **Chef Salad**
- Just Peachy Parfait (V)
- Chicken Enchilada Suiza
- Cheeseburger
- Roasted Broccoli & Carrots, Garden Salad, Fresh Broccoli, Diced Pears & Orange Smiles

#### 3. Wednesday
- **Chicken Caesar Wrap**
- Classic Ham & Cheese Sandwich
- Home Run Hot Dog
- Chicken Nuggets & Dinner Roll
- Emoji Potatoes, Red Bell Peppers, Super Side Salad, Applesauce & Fresh Bananas

#### 4. Thursday
- **Crispy Chicken Salad**
- All American Sandwich
- Cheese Pizza (V)
- Chicken Alfredo Mac
- Tater Tot Hash, Baked Cinnamon Apples, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles
*Fresh Baked Cookie!*

#### 5. Friday
- **Chef Salad**
- Classic Ham & Cheese Sandwich
- Frito Chili Pie (V)
- Cheesy Omelet & Pinwheel (V)
- Chicken Alfredo Mac
- Citrus Glazed Carrots, Celery Sticks, Super Side Salad, Cinnamon Apples & Fresh Bananas

#### 6. Saturday
- **Fiesta Salad**
- Turkey & Cheese Sandwich
- Rib-b-que Sandwich
- Spaghetti & Meatballs
- Roasted Broccoli & Carrots, Red Bell Peppers, Super Side Salad, Cinnamon Apples & Fresh Bananas

#### 7. Sunday
- **Chef Salad**
- Strawberry Banana Parfait (V)
- Giant Beef Taco
- Italian Dunkers (V)
- Roasted Green Beans, Baked Beans, Broccoli, Garden Salad, Mixed Fruit & Orange Smiles
*Rice Krispies Treat!*

### Local Ingredients
- Aztec Corn, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles

### Healthy Wraps

**Try a heart healthy, whole wheat, Crispy Chicken or Chicken Caesar Wrap this month!**

### Fat Free and Low Fat Milk

**Variety of fat free and low fat milk are offered daily**

### Vegetarian Options

*Denotes a vegetarian friendly item*
Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they’re harvested, they’re allowed to fully ripen, which means they’re chock-full of vitamins, minerals and antioxidants, and freezing “locks in” many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% with a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists – simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.

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**BREAKFAST MENU**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>February 1</td>
<td>February 2</td>
<td>February 3</td>
<td>February 4</td>
<td>February 5</td>
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<tr>
<td>Confetti Pancakes</td>
<td>Pancake Sausage Wrap</td>
<td>Banana Muffin</td>
<td>Egg &amp; Cheese Biscuit</td>
<td>Oatmeal Round</td>
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<tr>
<td>Fruit &amp; Yogurt</td>
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<tr>
<td>Diced Pears</td>
<td>Mixed Fruit</td>
<td>Baked Cinnamon Apples &amp; Orange Smiles</td>
<td>Baked Cinnamon Apples &amp; Orange Smiles</td>
<td>Raisins and Fruit</td>
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<td>February 8</td>
<td>February 9</td>
<td>February 10</td>
<td>February 11</td>
<td>February 12</td>
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<tr>
<td>Mini Cinnamon Bagels</td>
<td>Bacon Scramble Breakfast Pizza</td>
<td>French Toast Sticks Yogurt</td>
<td>Biscuit &amp; Sausage Gravy</td>
<td>Toasted Waffles Yogurt Applesauce</td>
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<tr>
<td>Mixed Fruit</td>
<td>Yogurt Baked Cinnamon</td>
<td>Fresh Banana &amp; Orange Smiles</td>
<td>Yogurt Diced Peaches</td>
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<td>February 15</td>
<td>February 16</td>
<td>February 17</td>
<td>February 18</td>
<td>February 19</td>
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<tr>
<td>No School</td>
<td>Pancakes Yogurt &amp; Fruit Parfait</td>
<td>Biscuit &amp; Sausage Gravy Yogurt &amp; Fruit Parfait Nutrigrain Bar</td>
<td>Tater Tot Burrito Yogurt &amp; Fruit Parfait Nutrigrain Bar Diced Pears</td>
<td>Breakfast Pizza Yogurt &amp; Fruit Parfait Nutrigrain Bar Orange Smiles</td>
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<tr>
<td>Mixed Fruit</td>
<td></td>
<td>Fresh Banana &amp; Orange Smiles</td>
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<td>February 22</td>
<td>February 23</td>
<td>February 24</td>
<td>February 25</td>
<td>February 26</td>
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<tr>
<td>Sausage Biscuit Yogurt &amp; Fruit Applesauce</td>
<td>Breakfast Tomato Yogurt &amp; Fruit</td>
<td>French Toast Sticks Yogurt &amp; Fruit</td>
<td>Honey Chicken Biscuit Yogurt &amp; Fruit</td>
<td>Filled Cinnamon Toast Crunch Bar Yogurt &amp; Fruit</td>
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<tr>
<td></td>
<td>Diced Peaches</td>
<td>Apples &amp; Orange Smiles</td>
<td>Banana &amp; Orange Smiles</td>
<td>Mixed Fruit &amp; Raisins</td>
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</tbody>
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**Fresh Pick Recipe**

**YUMMIEST POTATO SALAD**

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs (hardboiled/separated/whites large dice)
- 1 Green bell pepper (medium size/medium dice)
- 2 Green onions (sliced diagonal)
- 3 T Vinegar (red or white)
- 6 T Salad oil (light)
- Salt and pepper to taste
- 2 T Fresh Parsley (sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: If too dry add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.

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**What is a reimbursable meal?**

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.