

February 2018

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School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Blank box for Monday

Blank box for Tuesday

Blank box for Wednesday

Ham & Cheese
Hoagie
Chips
Dessert **1**

Chicken Fried
Steak
Mashed Potatoes
Green Beans
Rolls **2**

Beef Chili Mac
Carrots
Garlic Toast **5**

Tacos
Beans
Rice **6**

Beef & Gravy
Texas Toast
Corn **7**

Cheeseburger
Tator Tots **8**

Beef Chili
Cornbread
Dessert **9**

Steak Sandwich
Fries **12**

Chicken Enchilada
Casserole
Mexican Rice
Refried Beans **13**

BBQ Pork Sandwich
Chips
Dessert **14**

Chicken Bowl
Biscuit **15**

Cheeseburger
BBQ Beans **16**

Sweet Sour Chicken
Rice
Egg Roll
Fortune Cookie **19**

Hard Taco
Refried Beans **20**

Beef Tator Tot
Casserole
Carrots **21**

Tamale Pie
Pinto Beans **22**

Chicken & Rice
Green Beans
Rolls **23**

Chicken Fried Steak
Mashed Potatoes
Carrots
Rolls **26**

Taco Soup
Fritos **27**

Stew
Crackers **28**

