


# FEBRUARY BREAKFAST & LUNCH MENU

## BLACK HISTORY MONTH

<p><b>10</b>  <b>BREAKFAST:</b> Honey nut cheerios, fruit, milk  <b>LUNCH:</b>                      Option 1: Meatloaf/gravy, mashed potatoes, green beans, fruit options, cinnamon applesauce                      Option 2: Grilled cheese sandwich</p>	<p><b>11</b>  <b>BREAKFAST:</b> Cinnamon oatmeal, fruit, milk  <b>LUNCH:</b>                      Option 1: Curry chicken, corn, collard greens, fresh apple wedges                      Option 2: Curry vegetables with potatoes</p>	<p><b>12</b>  <b>BREAKFAST:</b> Grits, toast, orange, milk  <b>LUNCH:</b>                      Option 1: Chicken stir-fry rice, spinach, garden salad                      Option 2: Vegetable fried rice, baked sweet potato, fresh fruit</p>	<p><b>13</b>  <b>BREAKFAST:</b> Scrambled eggs, toast, fruit, milk  <b>LUNCH:</b>                      Option 1: Turkey BBQ sandwich, salad, seasonal fresh fruit                      Option 2: Cheese dippers with salsa</p>	<p><b>14</b>  <b>BREAKFAST:</b> Honey nut cereal, fruit, milk  <b>LUNCH:</b>                      Cheese pizza, kale, roasted carrots, seasonal fresh fruit</p>
<p><b>17</b>  <b>BREAKFAST:</b>                      Cheerios, apple sauce, milk  <b>LUNCH:</b>                      Option 1: Hotdogs, baked beans, seasonal fruit                      Option 2: Veggie hotdogs</p>	<p><b>18</b>  <b>BREAKFAST:</b>                      Cheese grits, toast, fruit, milk  <b>LUNCH:</b>                      Option 1: Spaghetti &amp; meat sauce                      Option 2: Spaghetti and veggie sauce, broccoli, fresh fruit</p>	<p><b>19</b>  <b>BREAKFAST:</b>                      Oatmeal, fruit, milk  <b>LUNCH:</b>                      Option 1: Beef tacos                      Option 2: Vegetable taco, shredded lettuce &amp; tomato, fiesta black beans, applesauce</p>	<p><b>20</b>  <b>BREAKFAST:</b>                      Pancakes, fruit, milk  <b>LUNCH:</b>                      Cheesy pasta alfredo, garlic rolls, garden salad, fruit</p>	<p><b>21</b>  <b>BREAKFAST:</b>                      Honey nut Cheerios, milk  <b>LUNCH:</b>                      Option 1: Chicken nuggets,                      Option 2: Grilled cheese sandwich, vegetable medley, fruit</p>
<p><b>24</b>  <b>BREAKFAST:</b>                      Kixx cereal, fruit, milk  <b>LUNCH:</b>                      Option 1: Sloppy joe sandwich                      Option 2: Cheese dippers with salsa, coleslaw, seasonal fresh fruit</p>	<p><b>25</b>  <b>BREAKFAST:</b>                      Cheese grits, fruit, milk or juice  <b>LUNCH:</b>                      Option 1: Beef tacos                      Option 2: Cheese dippers/salsa, applesauce</p>	<p><b>26</b>  <b>BREAKFAST:</b>                      Oatmeal, sausage, fruit, milk  <b>LUNCH:</b>                      Option 1: Chicken and rice, roll                      Option 2: Curry vegetarian, garden salad, seasonal fresh fruit</p>	<p><b>27</b>  <b>BREAKFAST:</b>                      Pancakes, fruit, milk  <b>LUNCH:</b>                      Cheesy squash casserole, rolls, garden salad, applesauce</p>	<p><b>28 NO SCHOOL</b></p>  <p>© Can Stock Photo</p>

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