

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Brunch For Lunch</b> 1 Pancakes (V) or Omelets (V) Strawberries Sizzling Sausage (P) Milk Choices *Fruit & Veggie Bar*	<b>Greek Nation</b> 2  Gyros or Cheese Quesadilla (V) Greek Salad Farm Fresh Apple Slices Milk Choices *Fruit & Veggie Bar*	<b>Italian Day</b> 3 Spaghetti w/ Marinara Sauce or Bean & Cheese Burrito (V) Green Beans Garlic Bread Stick Milk Choices *Fruit & Veggie Bar*
		<b>Pizza Monday</b> 6 Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad Milk Choices *Fruit & Veggie Bar*	Turkey Corn Dog or Bean & Cheese Burrito (V) Sweet Potato Fries Farm Fresh Apple Slices Milk Choices *Fruit & Veggie Bar*	 <b>Hamburger or Garden Burger on a WW Bun</b> 8 Sun Chips Orange Smiles Milk Choices *Fruit & Veggie Bar*
<b>Pizza Monday</b> 13 Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad Milk Choices *Fruit & Veggie Bar*	<b>Valentine's Day</b> 14 Texas Cheese Toast (V) or Bean & Cheese Burrito (V) Tomato Soup Goldfish Crackers Valentine's Day Treat Milk Choices *Fruit & Veggie Bar*	 <b>Breaded Chicken Burger on a WW Bun or Cheese Sandwich (V)</b> 15 Crispy Potatoes Farm Fresh Apple Slices Milk Choices *Fruit & Veggie Bar*	<b>Brunch For Lunch</b> 16 Pancakes (V) or Breakfast Sandwich Fruit Cups Sizzling Sausage (P) Milk Choices *Fruit & Veggie Bar*	 <b>Chicken Nuggets or Cheese Quesadilla (V)</b> 17 Sweet Potato Fries **Whole Grain Fruit Crisp** (H) Milk Choices *Fruit & Veggie Bar*
	<b>Mid Winter Break- NO SCHOOL</b> 21	 <b>Soft Beef Taco w/ lettuce &amp; cheese or Bean &amp; Cheese Burrito (V)</b> 22 Refried Beans Mexi-Corn Milk Choices *Fruit & Veggie Bar*	<b>Asian Nation</b> 23 Chicken Yakisoba (H) or Cheese Quesadilla (V) Steamed **Broccoli** Orange Smiles Milk Choices *Fruit & Veggie Bar*	<b>Brunch For Lunch</b> 24 Waffles (V) or French Toast (V) Baked Cinnamon Apples Sizzling Sausage (P) Milk Choices *Fruit & Veggie Bar*
<b>Pizza Monday</b> 27 Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad Milk Choices *Fruit & Veggie Bar*	<b>Mama Mia Day</b> 28 Baked Chicken Parmesan or Cheese Quesadilla (V) Caesar Salad Butter Noodles Milk Choices *Fruit & Veggie Bar*	<b>it's a LEAP YEAR!</b> 29 Turkey Corn Dog or Bean & Cheese Burrito (V) Confetti Fries Farm Fresh Apple Slices Milk Choices *Fruit & Veggie Bar*		

Our Fruit & Veggie Bars are loaded with fresh fruit(including farm fresh apple slices), canned fruit, fresh vegetables(including organic carrots), mixed salad greens, weekly legume and a variety of condiments.  
 Many ingredients will vary from day-to-day. We will continue to strive to buy organic and local. Students are encouraged to load-up on the good stuff. The featured Fruit and Vegetable can be found at the Fruit & Veggie Bar.  
 Fresh whole apples are always offered off of the serving line.

**LUNCH PRICES:**

Elementary-Lunch \$3.25, Middle School-Lunch \$3.50 Adult-Lunch \$4.00(including all visitors).  
 Reduced Price: K-3rd are Free & 4-8 Lunch- \$0.40. Milk \$0.50 All meals include milk.

All Elementary School Office will still accept checks.

*Checks should be made out to MISD-Food Service or your School Name-Food Service.*

**Featured Fruit, Vegetable & Grain for February:**  
**Cherry, Broccoli, Barley**

The featured Fruit and Vegetable can be found at the Fruit & Veggie Bar.

