




Monday	Tuesday	Wednesday	Thursday	Friday
		Pizza Wednesday ¹ Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad Milk *Fruit & Veggie Bar*	Greek Nation ² Gyros or Cheese Quesadilla (V) Greek Salad Farm Fresh Apple Slices Milk Choices *Fruit & Veggie Bar *	Italian Day ³ Spaghetti w/ Marinara Sauce or Bean & Cheese Burrito (V) Green Beans Garlic Bread Stick Milk Choices *Fruit & Veggie Bar *
		Beef Teriyaki Dippers ⁶ or Bean & Cheese Burrito (V) Steamed Fluffy Brown Rice Steamed **Broccoli** Milk Choices *Fruit & Veggie Bar*	Turkey Corn Dog ⁷ or Bean & Cheese Burrito (V) Sweet Potato Fries Farm Fresh Apple Slices Milk Choices *Fruit & Veggie Bar *	Pizza Wednesday ⁸ Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Garden Salad Milk *Fruit & Veggie Bar*
Crisp Beef Taco ¹³ w/ lettuce & cheese or Bean & Cheese Burrito (V) Refried Beans Mexi-Corn Milk Choices *Fruit & Veggie Bar *	Valentine's Day ¹⁴ Texas Cheese Toast (V) or Bean & Cheese Burrito (V) Tomato Soup Goldfish Crackers Valentine's Day Treat Milk Choices *Fruit & Veggie Bar *	Pizza Wednesday ¹⁵ Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad Milk *Fruit & Veggie Bar*	Brunch For Lunch ¹⁶ Pancakes (V) or Breakfast Sandwich Fruit Cups Sizzling Sausage (P) Milk Choices *Fruit & Veggie Bar*	 Chicken Nuggets ¹⁷ or Cheese Quesadilla (V) Sweet Potato Fries **Whole Grain Fruit Crisp** (H) Milk Choices *Fruit & Veggie Bar *
	Mid Winter Break- NO SCHOOL ²¹	Pizza Wednesday ²² Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Garden Salad Milk *Fruit & Veggie Bar*	Asian Nation ²³ Chicken Yakisoba (H) or Cheese Quesadilla (V) Steamed **Broccoli** Orange Smiles Milk Choices *Fruit & Veggie Bar *	Brunch For Lunch ²⁴ Waffles (V) or French Toast (V) Baked Cinnamon Apples Sizzling Sausage (P) Milk Choices *Fruit & Veggie Bar*
 Chicken Nuggets ²⁷ or Cheese Quesadilla (V) Crispy Potatoes Banana Halves Milk Choices *Fruit & Veggie Bar *	Mama Mia Day ²⁸ Baked Chicken Parmesan or Bean & Cheese Burrito (V) Caesar Salad Butter Noodles Milk Choices *Fruit & Veggie Bar *	it's a LEAP YEAR! ²⁹ Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad Milk *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 vistors).
 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 & a Grain for February:
Cherry, Broccoli, Barley

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



This Institution is an Equal Opportunity Provider.

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (206) 236-3307