



All reimbursable meals must include a fruit or vegetable on the tray.

Students may decline 2 of the 5 meal components – meat/meat alternative; grain; fruit; vegetable; milk.



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

**Fruit & Milk Variety Offered Daily!**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Pulled Pork BBQ **6**  
Dill Pickle  
Baked Beans  
HB Bun

Oven Roasted Chicken **7**  
Mashed Potatoes  
Green Beans  
Dinner Roll

Lasagna **8**  
Roasted Brussel Sprouts  
Steamed Carrots  
Dinner Roll  
Cookie

Chicken Parmesan **9**  
Steamed Broccoli  
Buttered Corn  
Dinner Roll

Chicken Fried Steak **10**  
Mashed Potatoes  
White Beans  
Turnip Greens  
Biscuit

Chili Cheese Pie **13**  
Corn Nuggets  
Carrot Dippers  
Fritos Corn Chips

Cheesy Chicken Spaghetti **14**  
Steamed Broccoli  
Black-eyed Peas  
Dinner Roll  
Valentine Day Treat

Sliced Turkey w/gravy **15**  
Green Peas  
Mashed Potatoes  
Sweet Potatoes  
Dinner Roll

Fish Fillet Basket **16**  
w/Cornbread Bites &  
Onion Rings  
Baked Beans  
Shoepg Corn

General Tso Chicken **17**  
Roasted Vegetables  
Baked Potato  
Steamed Rick & Noodles  
Cookie

**Presidents' Day**  
**No School** **20**

Chicken Alfredo **21**  
Green Beans  
Steamed Carrots  
Dinner Roll  
Cookie

/ Walking Taco **22**  
Pinto Beans  
Tomato/Lettuce Cup  
Salsa  
Tostitos

Chicken Tenders **23**  
Mashed Potatoes  
Green Peas  
Biscuit

Nashville Hot Chicken **24**  
Baked Beans  
Potato Smiles  
Carrot Dippers  
Dinner Roll

Spaghetti **27**  
w/Meat Sauce  
Green Beans  
Buttered Corn  
Dinner Roll

Salisbury Steak **28**  
w/gravy  
Mashed Potatoes  
Pinto Beans  
Dinner Roll

**/ The nationwide supply chain issue continues to impact the school meal programs with shortages, cancelled orders, and limited availability of products. Every effort will be made to follow the published menu; however, last minute changes may be necessary. This institution is an equal opportunity provider.**