


February

SECONDARY

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Creamy Chicken Pot Pasta with Biscuit or Corn Dog with Chips or Pizza Seasoned Vegetables Salad Bar with Toppings Fruit Cup</p>	<p>4 Corn Chip Pie or Crispito or Burger Pinto Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Salad</p>	<p>5 Meatball Subs or Pizza Seasoned Vegetables Salad Bar with Toppings Mixed Fruit</p>	<p>6 Steak Fingers or Chicken Nuggets with Hot Roll or Burger Creamy Mashed Potatoes Steamed Broccoli Salad Bar with Toppings Banana Sundaes</p>	<p>7 Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Salad Bar with Toppings Choice of Fresh Fruit</p>
<p>10 Chicken and Waffles or Pizza Roasted Corn Salad Bar with Toppings Berries & Cream</p>	<p>11 Tacos or Burgers Spanish Rice Refried Beans Homemade Salsa Salad Bar with Toppings Fruit Cup</p>	<p>12 Chicken Parmesan with Bread Stick or Pizza Salad Bar with Toppings Seasoned Vegetables Fruit Cup</p>	<p>13 Meatloaf or Baked Chicken with Hot Roll or Burger Creamy Mashed Potatoes Seasoned Green Beans Salad Bar with Toppings Peach Crisp</p>	<p>14 Grab N' Go Sack Lunch </p>
<p>17 <i>Enjoy Your Day Off!</i></p>	<p>18 Nachos or Burger Spanish Rice Pinto Beans Homemade Salsa Salad Bar with Toppings Mixed Fruit</p>	<p>19 Spaghetti with Meat Sauce and Garlic Stick or Pizza Seasoned Green Beans Salad Bar with Toppings Fruit Cup</p>	<p>20 Country Bowl with Mashed Potatoes and Seasoned Corn or Popcorn Chicken Bucket or Burger with Fries Hot Roll Salad Bar with Toppings Color-filled Apple Sauce</p>	<p>21 Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Salad Bar with Toppings Choice of Fresh Fruit</p>
<p>24 Chili Cheese Tots with Hot Roll or Chili Dog with Tots or Pizza Salad Bar with Toppings Fruit Cup</p>	<p>25 Quesadillas or Crisпитos or Burger Spanish Rice Refried Beans Homemade Salsa Salad Bar with Toppings Pineapple Fluff</p>	<p>26 Lasagna with Cheesy Garlic Bread or Pizza Fresh Seasonal Vegetables Salad Bar with Toppings Mixed Fruit</p>	<p>27 Steak Fingers or Baked Chicken with Hot Roll or Burger Creamy Mashed Potatoes Roasted Vegetables Salad Bar with Toppings Peach Crisp</p>	<p>28 Chopped BBQ on Bun or Cheese Burger Basket with Fries or Pizza Salad Bar with Toppings Choice of Fresh Fruit</p>

Chocolate Sweetheart Parfait

Ingredients:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.

Serve or refrigerate until ready to serve. ENJOY!

*<http://kidshealth.org>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes w/ Fruit Topping and Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissants	Honey Bun or Muffin & Yogurt	Pancake Wrap or Chicken Biscuit	Breakfast Pizza or Pig in a Blanket