



February Menu SECONDARY!

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
January 31 Soup and Sandwich Baked Chips or Pizza Tomatoes & Pickles Garden Salad Fruit Salad	1 Tacos or Burger Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Banana Sundaes	2 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Vegetable Garden Salad Fruit Cup	3 Chicken Nuggets or Steak Fingers with Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Garden Salad Pineapple Fluff	4 BBQ Sub or Cheese Burger Basket with Fries Garden Salad Fresh Fruit
7 Chicken & Waffles or Chicken Strips or Pizza Garden Salad Steamed Vegetables Fruit Cup	8 Tornados or Burritos or Burger Garden Salad Pinto Beans Spanish Rice Homemade Salsa Berries & Cream	9 Spagazza with Garlic Toast or Pizza Seasoned Vegetables Garden Salad Fruit Cup	10 Smothered Steaks or Drumsticks with Hot Roll or Burger Mashed Potatoes Steamed Broccoli Garden Salad Fruit Crisp	11 Chicken Sandwich or Bacon Cheese Burger Basket with Fries or Pizza Garden Salad Fresh Fruit
14 Stuffed Baked Potato with Hot Roll (Corn Dogs for Huntington) or BBQ on Bun or Pizza Baked Beans Garden Salad Fruit Salad	15 Nachos or Burger Garden Salad Refried Beans Spanish Rice Homemade Salsa Banana Sundaes	16 Lasagna with Garlic Toast or Pizza Steamed Broccoli Garden Salad Fruit Cup	17 Chicken Nuggets or Steak Fingers with Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Garden Salad Berries & Cream	18  Grab N' Go Sack Lunch
21 <i>Enjoy Your Day Off!</i>	22 Tacos or Burger Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup	23 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Green Beans Garden Salad Fruit Cup	24 Country Chicken Bowl or Chicken Bucket with Hot Roll or Burger Seasoned Vegetables Garden Salad Pineapple Fluff	25 Bacon Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Garden Salad Fresh Fruit

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 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 chips.

Serve or refrigerate until ready to serve. ENJOY!

*<http://kidshealth.org>

Breakfast



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
Week 1 & 3	Yogurt & Muffin	Eggs w/ Bacon & Toast	Cini Minis	Breakfast Taco	Pig in a Blanket
Week 2 & 4	Pancake Wrap	Eggs w/ Sausage & Toast	Biscuits and Sausage	Eggo Waffles	B.O.B. Breakfast on Bun

This institution is an equal opportunity provider.