

Monday	Tuesday	Wednesday	Thursday	Friday
Personal pan pizza 30 Assorted toppings Tossed salad Pears and oranges 6	Hamburger/Cheese/ Veggie Burger 31 Seasoned potatoes Vegetarian baked beans Fruit choice 7	Orange chicken 1 Fluffy brown rice Steamed vegetables Mini veggie eggroll Fruit choice 8	Philly beef sandwich 2 Assorted veggie toppings Red potatoes Fruit choice Football cookie 9	Soft shell tacos 3 Assorted taco toppings Black bean and corn salsa Spanish rice Fruit choice 10
Garlic cheese bread 13 Marinara sauce Steamed broccoli Fruit choice 13	Beef or veggie cheese lasagna 14 Ceasar salad WG breadstick Fruit choice 14	Cinnamon French Toast Sticks 15 Colby cheese omelet Red potatoes Yogurt cup Fruit choice 15	Chicken fajitas 16 Assorted taco toppings Corn Fruit choice 16	Sloppy joe 17 Sweet oven potatoes Vegetarian baked beans Fruit choice Oatmeal raisin cookie 17
WG Cheese or Pepperoni pizza 20 Veggies and low fat dip Fruit choice 20	Valentine's Day 21 Grilled chicken sandwich Assorted fresh toppings Sweet potato puffs Heart cookie 21	WG Rotini and meatballs 22 Steamed broccoli Garlic breadstick Fruit choice 22	Chicken tenders 23 Assorted sauces Fluffy brown rice Steamed vegetables Fruit choice 23	Nachos Grande 24 Assorted taco toppings Baked scoops Red beans and rice Fruit choice 24
Cheese ravioli w/marinara Baked squash WG breadstick Fruit choice	Turkey gravy Mashed potatoes Steamed vegetables WG biscuit w/honey Fruit choice	WG macaroni and cheese Baked fish nuggets Steamed green beans Fruit choice	Spicy glazed chicken Fluffy brown rice Vegetable choice Pineapple Frozen yogurt cup	WG Cheese breadsticks Marinara sauce Ceasar salad Fruit choice
United States 27 Mini twin burgers Assorted fresh toppings Seasoned oven potatoes Apples and oranges Chocolate chip cookie	France 28 Quiche lorraine Tossed salad Wheat baguette Pears and apples	China 29 Teriyaki chicken Fluffy brown rice Oriental vegetables Mini veggie eggroll Fortune cookie	Germany 1 Bratwurst or hotdog Sauerkraut Potato pancakes/applesauce Carrots	Mexico 2 Cheese quesadilla Assorted taco toppings Vegetarian refried beans Fruit choice Small churro

Cold Lunch Choices:

PBJ wheat uncrustable/string chesse available daily
Could include wraps, hummas & pita, and bagel bundles
All include fruit , vegetable & milk.

Salad Choice:

A full salad bar or pre-made salad
Pre-salad meal includes a bread item, fruit and a milk.



Foods to Increase

***Make 1/2 of your plate fruits and vegetables**

***Make 1/2 your grains whole grains**

***Switch to fat-free or low fat milk (1%)**

Be creative with baked goods and add apples, bananas, blueberries and pears to a favorite muffin recipe.

Feb. 27-March 2nd World Language Week-join us as we salute a number of foods from around the world. Students in a foreign language class will be participating in a number of activities all week including special guest speakers, decorating their lockers, labeling items throughout the school, and tasting some food from these countries.

Fuel Up to Play 60-NFL and Midwest Dairy Association partnership to encourage all students to get 60 minutes of physical activity a day is now starting at the HS by encouraging students to eat breakfast daily.