

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Tacos Soft OR Hard Shell Seasoned Gr. Beef, Cheese, Salsa, Diced Tomato Fluffy Rice Fruit Juice</p>	<p>2</p> <p>Breaded Chicken Mashed Potatoes Gravy Corn Roll & Butter</p>	<p>3</p> <p>Pepperoni Pizza OR Garlic Pizza Fresh Broccoli Floret's Salad with Bacon, Raisins, Cheese Jell-O</p>	<p>4</p> <p>Meatball Subs In Roll Garlic Spaghetti Tossed Salad With Dressing</p>	<p>5</p> <p>Toasted Cheese Sandwich Creamy Tomato Soup Bread & Butter Pickles Corn Chips Dixie Cup</p>
<p>8</p> <p>Hot Dog On A Bun Boston Style Baked Beans Tator Tots Apple</p>	<p>9</p> <p>Chicken And Biscuits Chicken In Cream Sauce Steamed Vegetables Fresh Fruit</p>	<p>10</p> <p>Cheese Pizza OR Garlic Pizza Minestrone Soup Oyster Crackers Fruit Crisp</p>	<p>11</p> <p>Deli Day Assorted Cold Cuts Shredded Lettuce, Cheese Tomato Potato Puffs Pickles</p>	<p>12</p> <p>Homemade Macaroni Cheese and/OR Shrimp Poppers Roll & Butter Carrots Juice Icee</p>
<p>15</p>	<p>16</p>	<p>17 18 19</p> <p>Mid Winter Recess</p>		
<p>22</p> <p>French Toast Sticks Sausage Links Syrup Hash Brown Potato Cinnamon Applesauce Assorted Fruit Juice</p>	<p>PICNIC IN WINTER 23</p> <p>Mini Hamburger Sliders On A Bun Macaroni Salad Boston Baked Beans Pickles Strawberry Shortcake</p>	<p>24</p> <p>Pepperoni Pizza OR Garlic Pizza Tossed Salad Italian Dressing Gingerbread Man</p>	<p>25</p> <p>Spaghetti with Homemade Meat Sauce Garden Salad With Italian Dressing Roll and Butter</p>	<p>26</p> <p>Fish On A Bun French Fries, Tartar Sauce Corn Cooks Choice Soup Oyster Crackers</p>

Guess What?

Your heart can beat up to 40,000,000 times per year!
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

Alternative Entrees

One of the items listed below may replace any Entrée Listed Daily
Choose only one **Bold** Item per day
!!!No Substitutions Please!!!!

Mon&FriCheese or Garlic Pzza
Tue&ThursChickenWng-Garlic

- **Deli Sandwich**
- **Ala Carte Salad**
- **Yogurt with String Cheese OR Peanut Butter and Crackers**
- **PB & J Sandwich**
- **American Cheese Sandwich**

SERVED DAILY

Assorted Fruit Cup
Bread & Butter
CHOICE OF MILK
Low Fat Chocolate
Low Fat Strawberry
2% White
Skim
Homogenized White

School News

February 15-19 Mid-Winter Recess

