



February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



Monday

Tuesday

Wednesday

Thursday

Friday

[Empty box]

[Empty box]

[Empty box]

[Empty box]

Gripz Graham Crackers
Juice **1**

Kix Cereal **4**
1% low-fat
White milk

Rice Krispie Treats **5**
Juice

Banana Bread **6**
Juice

Snack Mix **7**
Juice

Colby cheese cubes
Zesta Crackers
juice **8**

Nature Valley Granola Bites **11**
1% low-fat
White milk

String cheese **12**
Mix fruit cup

Fresh fruit **13**
Annie's Bunny Grahams
juice

Chocolate chip **14**
Muffin
1% low-fat
White milk

Gripz Graham Crackers **15**
Juice

18
NO SCHOOL

19
Rice Krispie Treats
Juice

Banana Bread **20**
Juice

Snack Mix **21**
Juice

22
Colby cheese cubes
Zesta Crackers
juice

Nature Valley Granola Bites **25**
1% low-fat
White milk

String cheese **26**
Mix fruit cup

Yogurt cup **27**
Annie's Bunny Grahams

Chocolate chip **28**
Muffin
1% low-fat
White milk

[Empty box]

Announcements

[Empty space for announcements]

Meal Prices

Snack
\$.95