



# 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

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Bosco **1**  
Cheese sticks  
W/ dipping sauce  
Steamed corn

Turkey Hot Dog **4**  
Mix Vegetables

**5**  
Macaroni & Cheese  
Steamed Broccoli

Baked Drumstick **6**  
Sweet Potato Puffs  
Baked apples  
Roll

**7**  
Bosco  
Stuffed Crust Pizza  
Steamed Corn

Fish Sticks **8**  
Baked Beans  
Mandarin Oranges  
Roll

Italian Pepperoni **11**  
Calzone  
Steamed green  
Beans

Cheese **12**  
Quesadilla  
Baked Beans

Cinnamon Dutch **13**  
waffle  
Turkey sausage  
Sweet Potato FF  
Mandarin Oranges

Chicken Tenders **14**  
Steamed Corn  
Baked Apples

Pepperoni **15**  
Pizza Bites  
Garden salad

**NO SCHOOL 18**

Breaded Chicken **19**  
Sandwich  
Baked Beans

French toast **20**  
Sticks  
Turkey Sausage  
Sweet Potato Puffs  
Baked apples

Cheeseburger **21**  
Baked potato Smiles  
Fruit cups

Tony's **22**  
French bread Pizza  
Steamed Broccoli

Grilled Cheese **25**  
Steamed Green  
Beans

Mini **26**  
Corn turkey corn  
dogs  
Baked beans

Stuffed **27**  
Cheeseburger  
Sweet Potato FF  
Pineapple chunks

Tyson Chicken **28**  
Nuggets  
Steamed Broccoli  
Baked apples

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### Announcements

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### Meal Prices

Students:  
\$2.65  
Adults:  
\$4.10