




Menus may be subject to change.
Notice will be given as soon as possible

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February is National Heart Month - February is chosen because it is a time when many people reflect on matters of the heart, including love and relationships. It is a fitting opportunity to also emphasize the importance of heart health. Here are some ways to promote heart health during Heart Month and beyond. Eat a balanced Diet, Exercise Regularly and Get an Adequate amount of sleep each night.</p>				
<p>5 WG Oatmeal Bar 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>6 WG Blueberry Lemon Bites 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> 	<p>7 WG Cinnamon Toast Crunch Cereal Bowl 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>1 Super Bakery Pastry 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>2 Chefs Choice 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>
<p>12 WG Nutri-Grain Bar 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> 	<p>13 WG Cereal Bar 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>14 WG Froot Loops Cereal Bowl 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> <p>Valentine's Day</p> 	<p>8 WG Muffin 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> 	<p>9 WG Goldfish Colors Cheddar Crackers 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>
<p>19 No School President's Day No Meal Service</p> 	<p>20 WG Pop Tart 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>21 LF Lucky Charms Cereal Bowl 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>15 WG Plain Bagels w/Cream Cheese Cup 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> 	<p>16 Chefs Choice 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> 
<p>26 WG Muffin 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> 	<p>27 WG Little Square Grahams 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>28 WG Golden Grahams Cereal Bowl 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p>	<p>22 WG Waffle Snaps 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> <p>29 Chefs Choice 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> <p>Happy Leap Day!</p>	<p>23 WG Goldfish Grahams 100% Juice Box Seasonal Fresh Fruit Cold Milk Pint</p> <p>ILLINOIS HARVEST OF THE MONTH</p> 



Good Morning!

Mornings can be hectic. School breakfast takes one thing off the morning "to do" list and it's a great way to start the day.

We will be offering students Grab - n- Go breakfasts by the entrance when students enter the building or in the cafeteria. All students will need to check out at the registers this year.

The food supply chain is suffering delays and shortages nationwide causing our district to experience unavailable items or last-minute replacements. We apologize in advance if a posted menu item is not available, and we will always have a replacement item. We appreciate your patience and understanding.

Each meal includes rBST-free skim or 1% milk.

