

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 <i>Meatless Monday</i> 3 Three Cheese Cavatappi Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>6 Walking Tacos Seasonal Vegetable Fresh Fruit Cold Milk Choice</p>	<p>7 Spaghetti & Meatballs Seasonal Vegetable Fresh Fruit Cold Milk Choice</p>	<p>8 Shepherd's Pie Seasonal Vegetable Fresh Fruit Cold Milk Choice</p> <p>CHICAGO</p>	<p>1 2 BBQ Breaded Chicken Tenders French Fry Friday Fresh Fruit Cold Milk Choice</p>
<p>12 <i>Meatless Monday</i> Warm Jumbo Pretzel w/Creamy Cheese Sauce Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>13 Soft Beef Tacos Seasonal Vegetable Fresh Fruit Cold Milk Choice</p>	<p>14 Baked Mostaccioli with Marinara Sauce Fresh Fruit Cold Milk Choice Strawberry Milk & Valentine's Day Treat!</p>	<p>15 Chicago Style Hot Dog Seasonal Vegetable Fresh Fruit Cold Milk Choice</p>	<p>9 16 WG Chicken Corn Dog French Fry Friday Fresh Fruit Cold Milk Choice</p> <p>School Improvement Day Half Day No Lunch Service</p>
<p>19 No School No Meal Service</p> <p>President's Day</p>	<p>20 Supreme Nachos Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>21 Buffalo Chicken w/Corn Tortilla Chips Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>22 Fun Fair Sloppy Joes Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>23 Grilled Cheese Please French Fry Friday Fresh Fruit Cold Milk Choice</p>
<p>26 <i>Meatless Monday</i> Cheese Nachos Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>27 Creamy Pasta Alfredo Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>28 Hamburger on WG Bun Seasonal Vegetables Fresh Fruit Cold Milk Choice</p>	<p>29 4-Star Mac & Cheese Seasonal Vegetables Fresh Fruit Cold Milk Choice Happy Leap Day!</p>	<p>HM</p>

Elementary Daily Menu Choices

- Turkey & American Cheese Sub
- Creamy Cheese Sub
- Veggie Salad w/Beans & WG Grain
- WG Sun butter & Jelly
- LF Yogurt Cup & LF String Cheese
- and a Whole Grain Item

Elementary Weekly Rotating Choices

- Mon – Stuffed Cheese Sticks w/Dipping Sauce
- Tues – Chicken Nuggets
- Weds- All Beef Hot Dogs
- Thurs – Brunch for Lunch
- Fri- WG Cheese Pizza

Middle School Daily Choices

- WG Cheese Pizza (Available M, W, F)
- WG Stuffed Cheese Sticks (Available Tues/Thurs)
- All Beef Hot Dog
- Variety of WG Chicken Sandwiches
- Made to order Deli Bar
- Veggie Salad w/Beans & WG Roll
- WG Sun butter & Jelly Sandwich

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.

