






February 2019

**BLACK
HISTORY
MONTH** 2019

Our salad bar includes: Salad greens, carrots, peppers, cucumbers, corn, beans, broccoli.

Our breakfast menu is posted on the back of the lunch menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Veggie of the Month Broccoli	If your student has food allergies and you have concerns over ingredients of any item on the menu, please contact our Food Services Department for a list of ingredients." 468-2201, ext. 2188				1 Cooks Choice Salad Bar	2 Breakfast is offered daily 
3	4 Chicken Chili Veggie Bean Chili Brown Rice	5 Veggie Sauce Meat Sauce Whole Wheat Spaghetti Steamed Broccoli	6 Veggie Quesadilla Chicken Quesadilla Brown Rice Salsa	7 Skagit Beef Shepherd's Pie Lopez Veggie Shepherd's Pie Whole Wheat Rolls	8 Sliced Turkey Sliced Cheese Whole Wheat Bread Sunbutter and Jelly Potato Chips	9 We offer milk at every meal 
10	11 Beef Fried Rice Veggie Fried Rice Veggie Eggrolls 	12 LIFE Pizza Whole Wheat Dough Pepperoni Cheese	13 Breakfast for Lunch! Cheese Omelets Breakfast Sausage Hashbrowns Whole Wheat Cinnamon Rolls	14 Chicken Tamales Veggie Tamales Brown Rice Lopez Beans	15 Chicken Tenders Veggie Tenders Tater Tots	16 We are an equal opportunity employer
17	—Mid Winter Break— No School—					23
24	25 Turkey Sloppy Joes Lopez Veggie Sloppy Joe WholeWheat Buns Garden Green Beans	26 LIFE Pizza WholeWheat Dough Pepperoni Cheese	27 Lopez Whole Wheat Pita Chicken Gyros Lopez White Bean Hummus Tzatziki	28 Nachos Beef Refried Beans Brown Rice Salsa	1 Cooks Choice Salad Bar	