

February

K-12 HOT/COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> HOT French Toast Sticks 	<ul style="list-style-type: none"> Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese
			1	2
<ul style="list-style-type: none"> String Cheese/Skeeter Cinnamon Grahams 	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese RF Snow Flurries Cereal (DF) 	<ul style="list-style-type: none"> HOT French Toast, Maple Turkey Sausage, and Egg Combo 	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> No School
5	6	7	8	9
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> HOT Chicken Sausage and Omelet Gordita 	<ul style="list-style-type: none"> HOT Pancakes w/ Syrup 	<ul style="list-style-type: none"> RF Snow Flurries Cereal (DF) 	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese
12	13	14	15	16
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF) 	<ul style="list-style-type: none"> French Toast Muffin 	<ul style="list-style-type: none"> Zac Omega Bar Blackberry (2.5 oz) (DF) 	<ul style="list-style-type: none"> Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese
19	20	21	22	23
<ul style="list-style-type: none"> Yogurt/Skeeter HONEY Grahams 	<ul style="list-style-type: none"> HOT Pancakes w/ Syrup 	<ul style="list-style-type: none"> HOT Turkey, Pepper Jack Cheese, and Omelet Gordita 		
26	27	28		

Did You Know?

As your first meal of the day, breakfast provides you with the energy you need to start the day off right!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider



February

PSN HOT/COLD BREAKFAST

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> HOT French Toast Sticks 	<ul style="list-style-type: none"> Cinnamon Duo: Skeeter Cinnamon Grahams/Cinnamon Rumbles
			1	2
<ul style="list-style-type: none"> String Cheese/Skeeter Cinnamon Grahams 	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese 	<ul style="list-style-type: none"> HOT French Toast Sticks 	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble 	<ul style="list-style-type: none"> No School
5	6	7	8	9
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> HOT Chicken Sausage and Omelet Gordita 	<ul style="list-style-type: none"> HOT Pancakes w/ Syrup 	<ul style="list-style-type: none"> Yogurt/Granola 	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese
12	13	14	15	16
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF) 	<ul style="list-style-type: none"> French Toast Muffin 	<ul style="list-style-type: none"> Zac Omega Bar Blackberry (2.5 oz) (DF) 	<ul style="list-style-type: none"> Skeeter HONEY Grahams/Cinnamon Rumbles (DF)
19	20	21	22	23
<ul style="list-style-type: none"> Yogurt/Skeeter HONEY Grahams 	<ul style="list-style-type: none"> HOT Pancakes w/ Syrup 	<ul style="list-style-type: none"> HOT Turkey, Pepper Jack Cheese, and Omelet Gordita 		
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February

K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> Pasta with Zesty Beef Southwest Veggie Wrap (VG) Baby Carrots 	<ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust (VG) Turkey and Cheddar Sandwich Chopped Lettuce and Sliced Tomatoes with Ranch
			1	2
<ul style="list-style-type: none"> Firecracker Chicken with Sesame Noodles Green Peas 	<ul style="list-style-type: none"> Jerk Drumstick with Pineapple Carrot Rice (DF) Veggie Chef's Salad (VG) Baby Carrots with Edamame 	<ul style="list-style-type: none"> Cheesy Pizza Bites (VG) Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Chopped Lettuce and Sliced Tomatoes with ranch 	<ul style="list-style-type: none"> No School
5	6	7	8	9
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Baked Mac & Cheese and BBQ Chicken Lunch Combo Taco Dippers Kit (VG) Grape Tomatoes with Pinto Beans 	<ul style="list-style-type: none"> Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice Scoops with Black Bean & Green Chile Cheese Dip (VG) Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> The Revolution Hot Dog (DF) Egg Salad Sandwich (VG) (DF) Chopped Lettuce and Sliced Tomato with Ranch 	<ul style="list-style-type: none"> Five Cheese Lasagna (VG) Steamed Corn
12	13	14	15	16
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Hearty Veggie Chili & Mini Cornbread Meal (VG) Baby Carrots with Pinto Beans 	<ul style="list-style-type: none"> Pepper Jack Cheeseburger Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> Kickin' Chicken Alfredo Southwest Veggie Wrap (VG) Blanched Broccoli Florets with Ranch 	<ul style="list-style-type: none"> Chicken Potstickers with Not-So-Fried Rice Egg Salad Sandwich (VG) (DF) Sweet Potatoes
19	20	21	22	23
<ul style="list-style-type: none"> BBQ Meatballs with Cheesy Rice Egg Salad Sandwich (VG) (DF) Steamed Corn 	<ul style="list-style-type: none"> Chicken Teriyaki with Brown Rice (DF) Cheddar Cheese Sandwich (VG) Edamame and Blanched Broccoli Florets 	<ul style="list-style-type: none"> Cheesy Ravioli (VG) Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Chilled, Seasoned Green Beans 		
26	27	28		

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



February

PSN LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> Pasta with Zesty Beef Southwest Veggie Wrap (VG) Diced Carrots 	<ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust (VG) Turkey and Cheddar Sandwich Chopped Lettuce and Sliced Tomatoes with Ranch
			1	2
<ul style="list-style-type: none"> Firecracker Chicken with Sesame Noodles Green Peas 	<ul style="list-style-type: none"> Jumbo Italian Meatball with Penne Cheddar Cheese Sandwich Diced Carrots with Pinto Beans 	<ul style="list-style-type: none"> Cheesy Pizza Bites (Vg) Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Chopped Lettuce and Sliced Tomatoes with Ranch 	<ul style="list-style-type: none"> No School
5	6	7	8	9
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Baked Mac & Cheese and BBQ Chicken Lunch Combo Taco Dippers Kit (VG) Grape Tomatoes with Pinto Beans 	<ul style="list-style-type: none"> BBQ Chicken Quesadilla Italian "Sausage" Calzoni (VG) Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> Oven Roasted Chicken Sandwich (DF) Egg Salad Sandwich (VG) (DF) Chopped Lettuce and Sliced Tomato with Ranch 	<ul style="list-style-type: none"> Five Cheese Lasagna (VG) Steamed Corn
12	13	14	15	16
<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Hearty Veggie Chili & Mini Cornbread Meal (VG) Diced Carrots with Pinto Beans 	<ul style="list-style-type: none"> Pepper Jack Cheeseburger Cheddar Cheese Sandwich Chilled, Seasoned Green Beans 	<ul style="list-style-type: none"> Kickin' Chicken Alfredo Southwest Veggie Wrap (VG) Blanched Broccoli Florets with Ranch 	<ul style="list-style-type: none"> Chicken Potstickers with Not-So-Fried Rice Egg Salad Sandwich (VG) (DF) Sweet Potatoes
19	20	21	22	23
<ul style="list-style-type: none"> Cheese Pizza Panada Pie Pizza Burger Melt Turkey and Cheddar Sandwich Steamed Corn 	<ul style="list-style-type: none"> Chicken Teriyaki with Brown Rice (DF) Pinto Beans and Blanched Broccoli Florets 	<ul style="list-style-type: none"> Cheesy Ravioli (VG) Sunny Sandwich Kit (Sunbutter and Jelly) (VG) Chilled, Seasoned Green Beans 		
26	27	28		

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