

MILK
Offered Daily
1% White
and
Fat Free – Flavored

MyPlate
<http://www.choosemyplate.gov/>

PRICES
Breakfast
Student \$.000
Adult \$ 1.85
Visitors \$ 1.85
Lunch
Student \$ 0.00
Adult \$ 3.20
Visitors \$ 3.20

Salad Dressing
Note:
All Garden Salads on the Hot Food serving line are served with (1 oz.) or PC RF-Buttermilk Ranch Dressing

SEASONAL FRESH FRUIT
Served Daily on ALL lines
Apple, Orange or Banana OFFERED Daily
This Menu Is Subject To Change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 CHEESE OMELET WHEAT TOAST HOT BOWL OF GRITS CINNAMON TOAST CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Mil</p>	<p>5 FRENCH TOAST STICKS HOT BOWL OF GRITS ASSORTED COLD CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>6 CINNAMON ROLLS HAM SLICE HOT BOWL OF GRITS LUCKY CHARMS CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>7 BANANA BREAKFAST BREAD HOT BOWL OF GRITS CINNAMON TOAST CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>8 BREAKFAST SAUSAGE PIZZA BOWL OF GRITS ASSORTED COLD CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>
<p>11 SAUSAGE & BISCUIT HOT BOWL OF GRITS ASSORTED COLD CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>12 SAUSAGE & PANCAKE ON A STICK HOT BOWL OF GRITS ASSORTED CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>13 SCRAMBLED EGGS ON CROISSANT HOT BOWL OF GRITS CINNAMON TOAST CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>14 HAPPY VALENTINE'S DAY CINNAMON ROLLS HAM SLICE HOT BOWL OF GRITS LUCKY CHARMS CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>15 BREAKFAST SAUSAGE PIZZA HOT BOWL OF GRITS FROSTED FLAKES CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>
<p>18 Presidents' Day NO SCHOOL</p>	<p>19 BANANA BREAKFAST BREAD HOT BOWL OF GRITS CINNAMON TOAST CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>20 HAM CROISSANT HASHBROWN POTATOES HOT BOWL OF GRITS FROSTED FLAKES CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>21 APPLE FRUDEL HOT BOWL OF GRITS FROSTED FLAKES CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>22 BREAKFAST SAUSAGE PIZZA HOT BOWL OF GRITS LUCKY CHARMS CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>
<p>25 BACON BISCUIT HASHBROWN POTATOES HOT BOWL OF GRITS ASSORTED COLD CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>26 BLUEBERRY MUFFIN LOAF HAM SLICE HOT BOWL OF GRITS CINNAMON TOAST CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>27 FRENCH TOAST STICKS HAM SLICE HOT BOWL OF GRITS ASSORTED COLD CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	<p>28 CHEESE OMELET BISCUIT HOT BOWL OF GRITS ASSORTED COLD CEREAL Fresh Fruit Bowl Assorted Fruit Juice Assorted Milk</p>	