

# FEBRUARY BREAKFAST

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!

Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

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

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 • not cheesy bean breakfast burrito (v)
4 • yogurt & granola	5 • egg omelet and corn bread (v)	6 • not egg, cheese & sausage quesadilla	7 • multigrain cheerios & giant cinnamon goldfish granola (df) (v)	8 • plain bagel & cream cheese
11 Lincoln's Birthday No Classes	12 • turkey cheddar brekwich	13 • green chile breakfast burrito (v)	14 • strawberry pancake bowl (counts as 1 serving of fruit) (v)	15 • blueberry burst muffin
18 President's Day No Classes	19 • snow flurries	20 • hot french toast sticks (v)	21 • hot breakfast panada pie (v)	22 • mini lemon muffin & string cheese (v)
25 • corn cnex and educational snacks (v)	26 • hot buttermilk pancakes (v)	27 • hot french toast sticks, sausage, and eggs	28 • autumn spice muffin	

# FEBRUARY LUNCH

## DID YOU KNOW?

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**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

Chef reserves the right to change menu for seasonality and new menu innovation.

**revolution** foods®

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

				1 <ul style="list-style-type: none"> <li>• mac &amp; cheese and bbq chicken</li> <li>• bean &amp; cheese quesadilla (v)</li> </ul>
4 <ul style="list-style-type: none"> <li>• chicken bites (df)</li> <li>• ham &amp; cheese sandwich</li> </ul>	5 <ul style="list-style-type: none"> <li>• the revolution dog (df)</li> <li>• chili citrus drumstick and rice (df)</li> <li>• chicken caesar wrap</li> </ul>	6 <ul style="list-style-type: none"> <li>• pepperoni pizza</li> <li>Domino's Cheese Pizza</li> </ul>	7 <ul style="list-style-type: none"> <li>• mongolian beef</li> <li>• meatless italian "sausage" caizoni (df)</li> <li>• turkey &amp; cheddar sandwich</li> </ul>	8 <ul style="list-style-type: none"> <li>• ranchero beef rice bake (df)</li> <li>• spaghetti marinara (v)</li> </ul>
o blanched broccoli (chilled)		o warm pinto beans	o sliced cucumber	o baby carrots & warm pinto beans o glazed carrots
11 Lincoln's Birthday  No Classes	12 <ul style="list-style-type: none"> <li>• smothered beef burrito</li> <li>• mighty meaty deli combo sandwich</li> </ul>	13 <ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>Domino's Cheese Pizza</li> </ul>	14 <ul style="list-style-type: none"> <li>• creamy pasta alfredo (v)</li> <li>• turkey &amp; cheddar sandwich</li> </ul>	15 <ul style="list-style-type: none"> <li>• cheesy ravioli (v)</li> <li>• veggie taco salad (v)</li> </ul>
	o celery sticks with ranch	o lettuce & tomatoes	o glazed carrots	o baby carrots & warm pinto beans
18 President's Day  No Classes	19 <ul style="list-style-type: none"> <li>• chicken bites (df)</li> <li>• cheese enchilada plate (v)</li> </ul>	20 <ul style="list-style-type: none"> <li>• bean &amp; cheese pupusa (v)</li> <li>Domino's Cheese Pizza</li> </ul>	21 <ul style="list-style-type: none"> <li>• chicken gumbo &amp; cornbread</li> <li>• chicken caesar wrap</li> <li>• mighty meaty deli combo sandwich</li> </ul>	22 <ul style="list-style-type: none"> <li>• chicken taco trio</li> <li>• spicy popcorn chicken sandwich</li> </ul>
	o grape tomatoes & three bean salad	o blanched broccoli with ranch (chilled)	o sliced cucumber	o steamed carrots
25 <ul style="list-style-type: none"> <li>• cheesy pizza bites (v)</li> <li>• turkey cheddar flatbread melt</li> </ul>	26 <ul style="list-style-type: none"> <li>• red chile chicken tamale (df)</li> <li>• meatless italian "sausage" caizoni (df)</li> </ul>	27 <ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>Domino's Cheese Pizza</li> </ul>	28 <ul style="list-style-type: none"> <li>• ranchero beef rice bake (df)</li> <li>• garden ranch salad with chicken</li> <li>• southwest veggie wrap (v)</li> </ul>	
o celery sticks	o green peas	o lettuce & tomatoes with ranch	o glazed carrots	

This institution is an equal opportunity provider.

**NOVA Academy ECHS**