

ENOSBURG FALLS/ MIDDLE HIGH SCHOOL
FEBRUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-Jan French Toast Stix syrup, Bagel Cereal + Toast, Oranges, Juice Deli bar OR Corn Dogs, Tater Tots, Sliced Cucumbers, Green Beans Choice of 2 fruits	30-Jan Whl grain choc chip muffin, bagel, Cereal, juice, berries Deli Bar OR Pizza OR Baked Parmesan Fish Roasted Potatoes, Carrots 3-color Peppers, Corn Muffin Choice of 2 fruits	31-Jan Sausage patty & cheese on WW E Mufn cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Meatball Grinder French Fries Butternut Squash, Caesar Salad Choice of 2 fruits	1-Feb Waffles & Syrup, or Bagel, or Cereal + yogurt, Juice, Melon Deli Bar OR Oven-fried Chicken, Baked Potato & Toppings, Peas Celery & Carrot Sticks, WW Roll Choice of 2 fruits	2-Feb Sausage patty & cheeZ on WW Bagel cereal & Yogurt, Bagel, Grpfrtt, Juice Deli Bar OR Pizza OR SLOPPY JOE on a roll, Baked beans, Broccoli & Cheese Veggie Tray/Ranch dip Apple Crisp , Fruit
5-Feb Stuffed Bagel, bagel or Cereal + Yogurt, grapes, Juice Deli Bar OR Sausage & Peppers on a Roll Spanish Rice Romaine & Tomato Salad Choice of 2 fruits	6-Feb Banana bread+ yogurt, bagel, cereal & Toast, juice, berries Deli Bar OR Pizza OR Roast Pork & Gravy Mashed Potatoes, WW Roll Green beans, Spinach Bacon Salad Choice of 2 fruits	7-Feb Sausage patty & cheese on WW Biscuit cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Goulash Green Beans, WW Brd Stick Caesar Salad Choice of 2 fruits	8-Feb Yogurt Parfait w/ berries, bagel, Cereal, Oatmeal, juice, Melon Deli Bar OR NACHOS, Refried Beans, Cucumbers Sweet Potato Pudding Choice of 2 fruits	9-Feb Sausage patty & cheese on Eng Muffin cereal & Yogurt, Bagel, Aplsce, Juice Deli Bar OR Chicken Fingers, Fries, Broccoli & Cheese Carrot Sticks & Dip Choice of 2 fruits
12-Feb Sausage Pancake on a stick, Bagel, Cereal, Yogurt, Juice, Oranges Deli Bar OR Pizza OR Chinese Chicken wings, eggroll, Rice, Bok Choy, Mesclun Choice of 2 fruits	13-Feb Cinnamon Roll, Bagels, Cereal & Toast, Grapes, Juice Deli Bar OR Burger Bar, French fries, baked beans, , Cole Slaw Choice of 2 fruits	14-Feb Sausage & cheese on Bagel, Cereal, Yogurt, bagel, Juice Deli bar OR Sweetheart Chicken Nuggets Tater tots, Caesar Salad VALENTINE CAKE , 2 Fruits 	15-Feb Oatmeal or cereal & yogurt parfait, bagel, juice, melon Deli Bar OR Chicken Fajitas, Curly Fries, Carrot Sticks APPLE CHURROS , Fruit	16-Feb Egg , ham, & cheese on Wh gr E muf bagel or cereal & yogurt , Grapefruit Deli Bar OR Pizza OR Scalloped Potatoes & ham, Peas, Spinach Salad, WW Roll Choice of 2 fruits
19-Feb Waffles & Syrup, or Bagel, or Cereal + Yogurt, Juice, Oranges Deli Bar OR Pizza OR TACOS, Refried Beans Corn, Sliced Cucumbers Choice of 2 fruits	20-Feb Cinnamon Bread, , Bagels, Cereal & Toast, Grapes, Juice Deli Bar OR Hot dog, Waffle Fries, Maple Carrots, Garden Salad Choice of 2 fruits	21-Feb Sausage & cheese on Whl Grain Bagel, cereal & Yogurt, bagel, Juice, berries Deli Bar OR Stuffed Crust Pizza Broc & Cheez, Caesar Salad Choice of 2 fruits	22-Feb Oatmeal or cereal & yogurt parfait, bagel, juice, melon Deli Bar OR Pizza OR Chicken Patty, French Fries Baked squash Celery stix Fruit, Choc Chip Cookie	23-Feb Sausage patty & cheese on Eng Muffin bagel or cereal & yogurt , Grapefruit Deli Bar OR Cheese Quesadilla, Brown Rice, Refried Beans, Veggie Tray Choice of 2 fruits

Milk served with all meals: fat free choc, 1%, or skim Menu subject to change Chef salad offered daily if ordered by 9 am. Sandwich bar offered daily

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