



# February

2021

## Monday

Garlic Cheese Bread Rippers  
Vegetables  
Fruit, Milk

1

## Tuesday

Hamburger  
Tater Tots  
Vegetables  
Fruit, Milk

2

## Wednesday

Chicken Strips  
Waffles  
Vegetables  
Fruit, Milk

3

## Thursday

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk

4

## Friday

Cheesy Breadsticks  
Marinara Cup  
Vegetables  
Fruit, Milk

5

Turkey Ham & Cheese Bread Rippers  
Vegetables  
Fruit, Milk

8

Chicken Burger  
Potato Wedges  
Vegetables  
Fruit, Milk

9

Popcorn  
Chicken Muffin  
Vegetables  
Fruit, Milk

10

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk

11

Buffalo Chicken Bites  
Garlic Toast  
Vegetables  
Fruit, Milk

12

Pizza Bread Rippers  
Vegetables  
Fruit, Milk

15

Chicken Nuggets  
Dinner Roll  
Vegetables  
Fruit, Milk

16

Mini Corndogs  
Sun Chips  
Vegetables  
Fruit, Milk

17

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk

18

Ham & Cheese Croissant  
Sandwich  
Vegetables  
Fruit, Milk

19

Garlic Cheese Bread Rippers  
Vegetables  
Fruit, Milk

22

Hamburger  
Tater Tots  
Vegetables  
Fruit, Milk

23

Chicken Strips  
Waffles  
Vegetables  
Fruit, Milk

24

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk

25

Mini Cheese Calzones  
Marinara Cup  
Vegetables  
Fruit, Milk

26

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.



## Announcements

### Grab & Go Lunch Menu

Daily Milk Options:  
1% White Milk  
Nonfat Chocolate Milk

Please find additional information from the Food Services Department at:  
[engage.rsd407.org/foodservice](http://engage.rsd407.org/foodservice)

## Meal Prices

Breakfast and Lunch  
are FREE for all  
Children age 18  
and Under.