







# Lindop School District 92 February 2019 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>February 1</b> <b>Assorted Cereals*</b> Blueberry Muffin 100% Juice Fresh Apple or Orange
	<b>February 4</b> <b>Assorted Cereals*</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>February 5</b> <b>French Toast Sticks* with Syrup</b> 100% Juice Fresh Apple or Orange	<b>February 6</b> <b>Egg &amp; Cheese on an English Muffin*</b> 100% Juice Fresh Apple or Orange	<b>February 7</b> <b>Yogurt Parfait with Fruit &amp; Honey Oat Goldfish Cracker*</b> 100% Juice Fresh Apple or Orange	<b>February 8</b> <b>Breakfast Tortilla* with Scrambled Eggs, Flame-Roasted Peppers, Onions &amp; Salsa</b> 100% Juice Fresh Apple or Orange
	<b>February 11</b> <b>Pancake Wrap*^A</b> 100% Juice Fresh Apple or Orange	<b>February 12</b> <b>Assorted Cereals*</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>February 13</b> <b>Oatmeal* with Cinnamon</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>February 14</b> <b>Cinnamon Raisin Bagel* with Cream Cheese</b> 100% Juice Fresh Apple or Orange 	<b>February 15</b> <b>Cheese Omelet with Toast*, Margarine &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange
	<b>February 18</b>  NO SCHOOL	<b>February 19</b> <b>Canadian Bacon &amp; Egg Croissant*</b> 100% Juice Fresh Apple or Orange	<b>February 20</b> <b>Yogurt Parfait with Peaches &amp; Honey Oat Goldfish Cracker*</b> 100% Juice Fresh Apple or Orange	<b>February 21</b> <b>Scrambled Eggs with Turkey Sausage, Toast* &amp; Mixed Fruit Jelly</b> 100% Juice Fresh Apple or Orange	<b>February 22</b> <b>French Toast Sticks* with Syrup</b> 100% Juice Fresh Apple or Orange
	<b>February 25</b> <b>Turkey Sausage &amp; Cheese Breakfast Sandwich*</b> 100% Juice Fresh Apple or Orange	<b>February 26</b> <b>Strawberry Pineapple Smoothie with Apple Oatmeal Bar*</b> 100% Juice Fresh Apple or Orange	<b>February 27</b> <b>Oatmeal* with Cinnamon</b> Yogurt Variety 100% Juice Fresh Apple or Orange	<b>February 28</b>  NO SCHOOL	

### Additional Items Served Every Day:

- Fresh apple or fresh orange
- 100% apple juice and orange juice
- Skim and 1% white milk with no artificial growth hormones or antibiotics


\* = Whole-grain item / ^ = Item contains pork  
 Menu subject to change based on availability and quality of food items

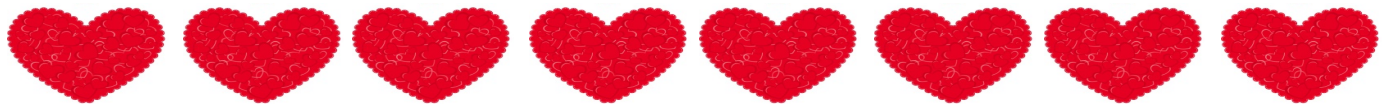
### Breakfast Buzz

Did you know that eating school breakfast gives you the energy you need to get through a busy day? Add school breakfast to your to-do list on a daily basis.



# Lindop School District 92 February 2019 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spotlight Fruit of the Week:</b> Bananas			<b>February is American Heart Month</b>		<b>February 1</b> Cheesy Garlic French Bread Pizza* with Lentil Soup Riviera Blend Veggies Pears
<b>Spotlight Fruit of the Week:</b> Fresh Pears	<b>February 4</b> Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Peaches	<b>February 5</b> Meatball Sub* with Marinara & Mozzarella California Blend Veggies Mixed Fruit	<b>February 6</b> Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple	<b>February 7</b> Cheesy Beefy Macaroni* & Honey Wheat Dinner Roll* Oven-Baked Potato Wedges Applesauce	<b>February 8</b> Homemade Cheese Pizza* Broccoli Florets Pears
<b>Spotlight Fruit of the Week:</b> Grapes	<b>February 11</b> Orange Chicken Brown Rice* Sliced Carrots Peaches	<b>February 12</b> All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Mixed Fruit	<b>February 13</b> Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Pineapple	<b>February 14</b> Rotini* with Homemade Meat Sauce Broccoli Florets Applesauce	<b>February 15</b> Chicken Soft Tacos on Tortillas* with Garnish Cup & Salsa Refried Beans California Blend Veggies Snickerdoodle Cookie* Tropical Fruit Salad
<b>Spotlight Fruit of the Week:</b> Bananas	<b>February 18</b>  NO SCHOOL	<b>February 19</b> Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Broccoli Florets Mixed Fruit	<b>February 20</b> Western Burger on a Bun* Cowboy Caviar (marinated black bean & corn salad) Pineapple 	<b>February 21</b> Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Refried Beans Applesauce	<b>February 22</b> Toasted Mozzarella Cheese Sandwich Italiano* with Beef Vegetable Soup* Sliced Carrots Pears
<b>Spotlight Fruit of the Week:</b> Fresh Pears	<b>February 25</b> Grilled Chicken Parmesan Sandwich on a Bun* Broccoli Florets Peaches	<b>February 26</b> Beef Sloppy Joe on a Bun* Kettle-Baked Beans Oven-Baked Spiral-Cut French Fries Mixed Fruit	<b>February 27</b> Turkey a la King & Honey Wheat Dinner Roll* Brown Rice* Capri Blend Veggies Pineapple	<b>February 28</b>  NO SCHOOL	



### Served Each Day:

Salad / Fresh Fruit / Sunbutter & Jelly Sandwich\* with Yogurt Skim and 1% White Milk Plus Fat-Free Chocolate Milk

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

### Color Me Green

Green is a beautiful color that represents renewal and the environment. This month, we are focusing on the benefits of eating green fruits and vegetables. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Green fruits and vegetables are colored by chlorophyll, a natural plant pigment. Have you tried any of these green veggies or fruits: broccoli, zucchini, lettuce, celery, spinach, green grapes or green pears?

The Culinary Explorations travel group has reached the midpoint of our Route 66 journey in Adrian, Texas! We will celebrate this milestone with a Lone Star lunch that includes a lip-smacking Western burger and our version of "cowboy caviar." Did you know that Texan Fletcher Davis, of Athens, claimed to have invented the modern hamburger at his restaurant in the 1880s?



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