



**Daily Choices Include**  
**1% White Milk or Non-Fat Milk**  
**Pizza, Yogurt Meal**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

**BREADED BEEF PATTY** **5**  
 Filete de Pollo Empanizado  
 Mashed Potato  
 Steamed Carrots  
 Dinner Roll  
 Fruit

**BEEFY MACARONI** **6**  
 Macarron con Carne  
 Bread Stick  
 Hot Corn  
 Celery Sticks  
 Fruit

**CHICKEN TACO NACHOS** **7**  
 Nachos de Pollo  
 Pinto Beans  
 Fresh Salsa  
 Fruit

**PORK CARNITAS TACOS** **1**  
 Taco Suave de Puerco  
 Pinto Beans  
 Fresh Salsa  
 Fruit

**CHILI CHEESE FRIES** **2**  
 Papas fritas con Chile con carne y queso  
 Corn Bread, Baked Fries  
 Cool Cucumbers  
 Fruit

**CHICKEN SANDWICH** **12**  
 Sandwich de Pollo  
 Sweet Potato Fries  
 Celery Sticks  
 Fruit

**SPAGHETTI w/Meat Sauce** **13**  
 Espaguetti con Carne  
 Bread Stick  
 Garden Salad  
 Baby Carrots  
 Fruit

**CHEESY NACHOS** **14**  
 Nachos con Queso  
 Tortilla Chips  
 Refried Beans  
 Zesty Jicama, Fruit  
 Valentine Cookie

**GRILLED CHEESE SANDWICH** **8**  
 Sandwich de Queso  
 Spinach Salad  
 Baby Carrots  
 Fruit

**CRUNCHY CHICKEN WRAP** **9**  
 Envoltura de Tortilla con Pollo  
 Lettuce & Tomato  
 Celery Sticks  
 Fruit

**President's Day Observed** **19**  
**No School**

**BEEF TACO NACHOS** **20**  
 Nachos de Carne  
 Pinto Beans  
 Fresh Salsa  
 Fruit

**BRUNCH FOR LUNCH** **21**  
 Desayuno Para Almuerzo  
 Pork Sausage Sandwich  
 Hash Brown  
 Celery Sticks, Fruit and Juice

**HAM & CHEESE on CIABATTA** **15**  
 Sandwich de Jamón con Queso  
 Three Bean Salad  
 Zucchini Sticks  
 Sun Chips, Fruit

**President Lincoln's Birthday Observed** **16**  
**No School**

**CORN DOGS** **26**  
 Baked Beans  
 Baby Carrots  
 Fruit

**BEEF SOFT TACO** **27**  
 Taco Suave de Res  
 Refried Beans  
 Fresh Salsa  
 Fruit

**ROASTED CHICKEN** **28**  
 Pollo Rostizado  
 Bread Roll  
 Mashed Potatoes  
 Spinach Salad, Fruit

**BEAN & CHEESE BURRITO** **22**  
 Burrito de frijoles con queso  
 Garden Salad  
 Fresh Salsa  
 Fruit

**BUSD GRINDER** **23**  
 Sandwich Grinder  
 Lettuce & Tomato  
 Zesty Jicama  
 Sun Chips

