




FEBRUARY MENUS 2018

EAST MILLS COMMUNITY SCHOOL DISTRICT

BREAKFAST AND LUNCH MENU SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE REMEMBER TO KEEP MONEY IN YOUR CHILD'S MEAL ACCOUNT. THANKS</p>				<p>1 B. Scrambled Eggs, WW Toast, Juice, Apple L. Hamburgers/WG Bun, Oven Fries, Fresh Broccoli, Rosy Applesauce WG Cookie (9-12 Cheese Slice)</p>	<p>2 B. WG Long John, Juice, Orange L. Walking Taco/Chili Con Carne/Cheese/WG Chips, Romaine Lettuce, Carrot Sticks, Mandarin Oranges</p>	<p>3 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"</p>
<p>4 We will serve breakfast on Monday for those who sign up. Low fat and fat free flavored or white milk served with all meals.</p>	<p>5 L. Taco/WG Flour Shell/Lettuce/Cheese, Tomato, Refried Beans, Pears (WG Bread 9-12)</p>	<p>6 B. WG Bkfst Patty, WW Toast, Juice, Orange L. Hot Dog/WG Bun, Baked Beans, Savory Carrots, Pineapple, WG /chips</p>	<p>7 B. WG Pancake Stick, Juice, Banana L. WG Chicken Nuggets, Broccoli/Cheese, Coleslaw, Mandarin Oranges, WG Cookie</p>	<p>8 B. Sausage, WW Toast, Juice, Apple L. Vegetable Beef Soup, WG Grilled Cheese, Carrot/Celery Sticks, Mixed Fruit</p>	<p>9 B. WG Muffin, Juice, Orange L. Chicken Fajita/WG Shell/Lettuce/Cheese, Tomato, Corn, Peaches, WG Rice</p>	<p>10 </p>
<p>11 WG Cereal/Cereal Bar/Pop Tart, WW Toast, Juice, Fruit, & Milk offered as an alternative breakfast K-12. WG Bagel & Yogurt offered as an alternative breakfast 7-12.</p>	<p>12 L. WG Chicken Crispeto, String Cheese, Winter Mix, Mixed Vegetables, Rosy Applesauce</p>	<p>13 B. WG Bkfst Pizza, Juice, Apple L. WG Spaghetti/Meat Sauce, Fresh Broccoli, Cooked Carrots, Pineapple, WG Cheese Bread</p>	<p>14 B. WG French Toast, Juice, Banana L. WG Cheese French Bread Pizza, Corn, Green Beans, Mandarin Oranges</p>	<p>15 B. Sausage, WW Toast, Juice, Orange L. Nacho Grande/Cheese/WG Chips, Romaine Lettuce, Carrot Sticks, Fruit Smoothie, WG Cookie (First Grade Menu)</p>	<p>16 B. WG Long John, Juice, Apple L. WG Fish Patty/WG Bun, Baked Beans, Coleslaw, Peaches, WG Rice Krispie Bar</p>	<p>17</p>
<p>18 Chef Salad or WG Pizza offered as an alternative lunch entrée for 7-12.</p>	<p>19 NO SCHOOL</p>	<p>20 B. Sausage, WW Toast, Juice, Orange L. WG Chicken Patty/WG Bun, Cooked Carrots, Mixed Vegetables, Pears, WG Cookie</p>	<p>21 B. WG Pancake Stick, Juice, Banana L. Beef/WG Noodles, Mashed Potato, Peas, Mandarin Oranges (WW Bread 9-12)</p>	<p>22 B. WG Bkfst Patty, WW Toast, Juice, Apple L. Maidrite/WG Bun, Corn, Green Beans, Peaches, Chocolate Cake</p>	<p>23 B. WG Muffin, Juice, Orange L. WG Shrimp, Baked Beans, Coleslaw, Mixed Fruit, WG Cheese Bread</p>	<p>24</p>
<p>25 Alacarte will be offered at lunch & breakfast. If your child would like to purchase these items please make sure they have money in their account.</p>	<p>26 L. WG Pop Corn Chicken, Broccoli/Cheese, Green Beans, Mandarin Oranges, WG Scooby Doo Snack</p>	<p>27 B. WG Bkfst Pizza, Juice, Orange L. Mr Rib/WG Bun, Baked Beans, Oven Fries, Pears</p>	<p>28 B. WG French Toast, Juice, Banana L. WG Pork Chop, Mashed Potato/Gravy, Peas, Pears, WG Roll</p>			

--	--	--	--	--	--	--