

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza! Pizza Slice Fruity Blueberry Whip Perky Peaches Milk Fresh Salad Bar Cereal or Cherry Turnover	Fiesta Chicken Fajita Salad Yellow Corn Juicy Pineapple Tidbits Milk Fresh Salad Bar Cereal or Biscuit & Gravy	WW Spaghetti & Meatsauce String Cheese Stick Chilled Applesauce Milk Fresh Salad Bar Cereal or Long John	Cake Day! Mesquite Burger on Wheat Bun Jell-O Cake Green Beans Milk Fresh Salad Bar Cereal or Breakfast Pizza	NEW! Chicken Parmesan Seasoned Rice Garlic Breadstick Milk Fresh Salad Bar Cereal or Oatmeal
Yummy! Oven Baked Chicken Nuggets Mandarin Oranges Chocolate Pudding Milk Fresh Salad Bar Cereal or Chicken Crispito	Crisp Burrito Raspberry Churro Green Beans Milk Fresh Salad Bar Cereal or Breakfast Sandwich	Winter Warmer! Early Release Turkey Gravy Mashed Potatoes Whole Wheat Roll Fresh Broccoli & Cauliflower Milk Fresh Salad Bar Cereal or Long John	Whole Grain Corndog Oven Baked Fries Boston Baked Beans Milk Fresh Salad Bar Cereal or French Toast & Yogurt	Lucky Tray Day Mini Burgers Corn Pears Milk Fresh Salad Bar Cereal or Pancake Stick
President's Day Chef Salad Fresh Baked Cookie Chilled Peaches Milk Fresh Salad Bar Cereal or Biscuit & Gravy	Fresh Salad Chef Salad Fresh Baked Cookie Chilled Peaches Milk Fresh Salad Bar Cereal or Biscuit & Gravy	Breakfast for Lunch Fluffy Wheat Pancakes Hashbrown Sizzling Sausage Fruit Cocktail Milk Fresh Salad Bar Cereal or Long John	Soft Jumbo Pretzel Cheese Sauce Vegetable Pasta Salad Milk Fresh Salad Bar Cereal or Breakfast Pizza	Banana: Super Food for your Heart Chicken Patty on Wheat Bun Banana Celery Sticks Milk Fresh Salad Bar Cereal or Oatmeal
Hot Diggity Dog Baked Tater Tots Pears Milk Fresh Salad Bar Cereal or Chicken Crispito	Icie Juicie Soft Taco Icie Juicie Corn Milk Fresh Salad Bar Cereal or Breakfast Sandwich	Early Release Ham & Turkey Deli on WW Bun Shredded Lettuce Animal Crackers Apple Slices Milk Fresh Salad Bar Cereal or Long John	Zombie Day! Cheese Zombie Creamy Tomato Soup Applesauce Milk Fresh Salad Bar Cereal or French Toast & Yogurt	Pizza Friday! Pepperoni Pizza Jell-O Pineapple Milk Fresh Salad Bar Cereal or Pancake Stick

WW = Whole Wheat ▲ = Balanced Choices Meal

Monday Salad Bar	Tuesday Salad Bar	Wednesday Salad Bar	Thursday Salad Bar	Friday Salad Bar
tossed salad crunchy carrots crisp apple	garden salad cucumber slices orange wedges	tossed salad baby carrots fresh apple	garden salad broccoli bites orange smiles	tossed salad crisp carrots crunchy apple

Meal Prices: Elementary - Breakfast \$1.35, Lunch \$1.95. **Middle School** - Breakfast \$1.35, Lunch \$2.20. **High School** - Breakfast \$1.35, Lunch \$2.25. **Adult** - Breakfast \$1.85, Lunch \$3.25. **Reduced Price** - Breakfast \$0.00, Lunch- \$0.00 -K-3rd, \$0.40-4th-12th. **Milk** - \$0.50. All meals include milk.

This Institution is an Equal Opportunity Provider.

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (509) 431-5339

Taste of the Season... Banana

When it comes to the term "tree ripened", bananas are the one exception. If bananas are left on the tree to ripen they will lose both texture and taste. They are always picked green so they can travel long distances easily. As they ripen during the ride, their sugar content increases from 2 percent to 20 percent.

One banana has about 105 calories and no cholesterol. Bananas are high in vitamin B6, low in sodium, and a good source of potassium and fiber. Bananas also contain vitamin C, norepinephrine, and serotonin.

Chef's Tips:

When making fruit salads, toss sliced bananas with a little lemon juice to stop them from turning brown.

If you have too many ripe bananas, freeze them. Wrap unpeeled bananas tightly in plastic wrap first. They are very good when eaten frozen or used to make banana bread and smoothies.



