



#### School Information:

The 4<sup>th</sup> Grade will be helping to prepare lunch on 2/16 and 2/18. Menus will be announced when completed.



**Nutrition Tip:** Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

### Monday

Country Beef Patty **1**  
Potatoes & Gravy  
Steamed Broccoli  
Apple , Milk  
( 6-12 Roll and Jelly)

### Tuesday

Sub Sandwich **2**  
Vegetable Soup  
Lettuce & Tomato Slices  
Banana  
(6-12 Graham Snack)

### Wednesday

Bean & Beef Burrito **3**  
Romaine & Tomato  
Corn, Salsa  
Orange Slices  
Milk

### Thursday

Stromboli **4**  
Garden Spinach Salad  
Fresh Carrots  
Mixed Fruit  
Milk

### Friday

Pulled Pork Sandwich **5**  
Sweet Potato Tots  
Baked Beans  
Pineapple Tidbits  
Brownie, Milk

Grilled Chicken Wrap **8**  
Lettuce & Tomato  
Seasoned Rice  
Steamed Carrots  
Tropical Fruit, Milk

Biscuit & Gravy **9**  
Sausage Patty  
Tri Tater  
Broccoli Florets  
Diced Peaches, Milk

Ell-Saline Pizza **10**  
Baby Carrots  
Tossed Salad  
Apples  
Milk

No School Today **11**  
Parent Teacher Conf.

No School Today **12**

Pork Rib on a Bun **15**  
Leaf Lettuce / Tomato  
Swt Potato Waffle Fries  
Orange Halves  
Milk

4<sup>th</sup> Grade Cooking **16**  
MS/HS-Taco Soup  
Tortilla Chips & Salsa  
Broccoli florets, Milk  
Berries and Banana

Corn Dog **17**  
Green Beans  
Tri Tater  
Fruit Cocktail  
Cookie, Milk

4<sup>th</sup> Grade Cooking **18**  
MS/HS-Chicken Fajita  
Green Peppers  
Corn, Salsa  
Grapes, Milk

Mac & Cheese **19**  
Meat Balls  
Peas  
Baby Carrots, Apple  
Milk

Grilled Chicken Wrap **22**  
Savory Rice  
Green Beans  
Romaine & Tomato  
Banana, Milk

Spaghetti w/  
Meat Sauce **23**  
Garlic Bread  
Garden Salad  
Mandarin Oranges, Milk

Pig in a Blanket **24**  
Oven Fries  
Broccoli and Cheese  
Pineapple Tidbits  
Milk

Taco Salad w/  
Pinto Beans **25**  
Salsa and Chips  
Apple , Milk  
(6-12 Cinnamon Puff)

Chicken & Noodles **26**  
Mashed Potatoes  
Baby Carrots  
Diced Peaches  
(6-12 Roll & Jelly)

Mini Meat Ball Sub **29**  
Ranch Potatoes  
Tossed Salad



3/1 Cheese Pizza  
3/2 Grilled Chicken  
3/3 Biscuits and Gravy  
3/4 White Chicken Chili

