February 2016

Ell-Saline- A sweet heart of a School

10





School Information:

The 4th 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.

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Tuesday

Wednesday

Country Beef Patty Potatoes & Gravv Steamed Broccoli Apple, Milk (6-12 Roll and Jelly) (6-12 Graham Snack)

Sub Sandwich Vegetable Soup Lettuce & Tomato Slices Banana

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

Stromboli Garden Spinach Salad Fresh Carrots Mixed Fruit Milk

Thursday

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

12

Friday

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

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

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

11 No School Today Parent Teacher Conf.

No School Today

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

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

Corn Dog Green Beans Tri Tater Fruit Cocktail Cookie, Milk

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

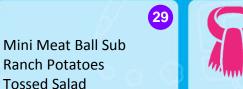
Mac & Cheese 19 Meat Balls Peas Baby Carrots, Apple Milk

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

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

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

Taco Salad w/ Pinto Beans Salsa and Chips Apple, Milk (6-12 Cinnamon Puff) Chicken & Noodles 26 Mashed Potatoes **Baby Carrots Diced Peaches** (6-12 Roll & Jelly)



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

