



# FEBRUARY 2016



BREAKFAST

## NSAA/Norton Campus

Monday	Tuesday	Wednesday	Thursday	Friday
February 1, 2016	February 2, 2016	February 3, 2016	February 4, 2016	February 5, 2016
CHEERIOS Cinnamon Sky Minis Raisins Grape Juice Choice of Milk	MAPLE BROWN SUGAR OATMEAL Diced Peaches Orange Juice Choice of Milk	String Cheese Banana Muffin Fresh Apple* Assorted Jelly Choice of Milk	BREAKFAST BURRITO Fresh Orange* Blended Fruit Juice Taco Sauce Choice of Milk	MINI WHEATS LITTLE BITES Animal Grahams Fresh Apple* Choice of Milk
February 8, 2016	February 9, 2016	February 10, 2016	February 11, 2016	February 12, 2016
RICE KRISPIES Strawberry Pancake Square Raisins Apple Juice Choice of Milk	BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD Mixed Fruit Cup Blended Fruit Juice Choice of Milk	FROSTED FLAKES (LOW SUGAR) Animal Grahams Fresh Apple* Choice of Milk	WHOLE GRAIN PANCAKES Fresh Banana* Grape Juice Syrup Choice of Milk	Strawberry/Banana Yogurt Blueberry Muffin Fresh Apple* Assorted Jelly Choice of Milk
February 15, 2016	February 16, 2016	February 17, 2016	February 18, 2016	February 19, 2016
PRESIDENTS DAY	FROOT LOOPS REDUCED SUGAR Spiced Grahams Grape Juice Raisins Choice of Milk	String Cheese Banana Muffin Fresh Apple* Assorted Jelly Choice of Milk	BEEF SAUSAGE ON A BISCUIT Fresh Orange* Blended Fruit Juice Assorted Jelly Choice of Milk	CHEERIOS Cinnamon Sky Minis Fresh Apple* Choice of Milk
February 22, 2016	February 23, 2016	February 24, 2016	February 25, 2016	February 26, 2016
CINNAMON TOAST CRUNCH Strawberry Breakfast Bar Blended Fruit Juice Raisins Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN Diced Pears Grape Juice Choice of Milk	RICE CHEX Spiced Grahams Fresh Apple* Choice of Milk	WAFFLES Fresh Banana* Orange Juice Syrup Choice of Milk	STRAWBERRY BANANA YOGURT Blueberry Muffin Fresh Apple* Assorted Jelly Choice of Milk
February 29, 2016	March 1, 2016	March 2, 2016	March 3, 2016	March 4, 2016
CHEERIOS Cinnamon Sky Minis Raisins Grape Juice Choice of Milk				

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* USDA is an equal opportunity provider and employer.

**Fall in LOVE  
with MILK!**

*This month we celebrate all dairy products and the benefits they provide to a healthy diet. Milk not only tastes great, it also helps build bones and keeps muscles strong. Milk is the #1 source of vitamin D which is essential to help calcium do its job.*



# FEBRUARY 2016



LUNCH

## NSAA/Norton Campus

Monday	Tuesday	Wednesday	Thursday	Friday
February 1, 2016	February 2, 2016	February 3, 2016	February 4, 2016	February 5, 2016
POPCORN CHICKEN BBQ Sauce Ketchup Golden Potato Rounds Apple Juice Choice of Milk	MACARONI & CHEESE Country Blend Vegetables Fresh Banana* Chocolate Chip Minis Choice of Milk	HOT DOG Hot Dog Bun Mustard Ketchup Maple Baked Beans Baby Carrots Light Ranch Dressing Blended Fruit Juice Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Mustard Ketchup Diced Carrots (BALT) Fresh Apple Slices Choice of Milk	PEPPERONI PIZZA Broccoli Florets Light Ranch Dressing Diced Peas Choice of Milk
February 8, 2016	February 9, 2016	February 10, 2016	February 11, 2016	February 12, 2016
MINI CORN DOGS & CHICKEN FUN MIX WITH POTATOES Mustard Ketchup Maple Baked Beans Orange Juice Choice of Milk	COUNTRY CHICKEN COMBO Fresh Banana* Cherry Cookie Choice of Milk	CHEESY PARM WRAP Green Beans Pineapple Tidbits Choice of Milk	BBQ CHICKEN Hamburger Bun Corn Fresh Pear* Choice of Milk	CHEESE PIZZA Romaine Salad Light Italian Dressing Diced Peaches Choice of Milk
February 15, 2016	February 16, 2016	February 17, 2016	February 18, 2016	February 19, 2016
PRESIDENTS DAY	CHICKEN TENDERS WITH POTATO WEDGES BBQ Sauce Ketchup Green Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Mustard Ketchup (2) Corn Fresh Banana* Choice of Milk	CHICKEN NACHOS Peas & Carrots Fresh Apple Slices Corn Muffin Choice of Milk	CHEESE PIZZA Romaine Salad Thousand Island Dressing Blended Fruit Juice Choice of Milk
February 22, 2016	February 23, 2016	February 24, 2016	February 25, 2016	February 26, 2016
PIZZA DIPPERS Marinara Dipping Sauce Garden Peas Orange Juice Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun BBQ Sauce Mixed Vegetables Fresh Banana* Choice of Milk	CHEESEBURGER Hamburger Bun Mustard Ketchup Maple Baked Beans Crunchy Celery Sticks Light Ranch Dressing Mixed Fruit Cup Choice of Milk	ROTINI BAKE WITH MEATSAUCE Green Beans Diced Peaches Snickerdoodle Cookie Choice of Milk	CHEESE PIZZA Romaine Salad Light Italian Dressing Fresh Pear* Choice of Milk
February 29, 2016	March 1, 2016	March 2, 2016	March 3, 2016	March 4, 2016
BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Garden Peas Cinnamon Applesauce Vanilla Cookie BBQ Sauce Ketchup Choice of Milk				

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

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### THE DAIRY GROUP

*All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are also part of the Dairy group while foods made from milk that have little to no calcium are not.*

MILK

