For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

Flavored milk not only tastes great, but it also adds a nutritional boost to your diet. Teens who drank flavored milk consumed more nutrients, without consuming greater amounts of added sugar and had lower BMI’s compared to teens that didn’t drink milk.

- Milk contains many nutrients that are important for growing teenagers. Milk contains calcium which helps build and maintain strong bones, protein which is vital to brain development and the growth of body tissues, and Vitamin A, which helps maintain normal vision and skin. Milk also contains Vitamins B-12 and D, potassium, phosphorous, nacian and riboflavin.
- Teenagers should be drinking at least four 8-oz. glasses of milk a day. Experts recommend at least three servings of low-fat or fat free milk or milk products for teenagers.
- To increase your dairy intake, try drinking a glass of milk for breakfast or take a yogurt on the go. If you need something quick to snack on, try string cheese or even pudding. When you drink milk, you are increasing your calcium intake, without increasing your total added sugar or fat intake.

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**Monday, February 3, 2020**

**Breakfast**
- Glazed Raised Donut
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Apple Oatmeal Bars

**Lunch**
- Pizzeria Style Cheese Pizza
- Buffalo Grilled Chicken on a Bun
- Pizzeria Style Pepperoni Pizza
- Italian Meatball Sub
- Sandwich of the Day: Pastrami & White American
- Golden Corn

**Tuesday, February 4, 2020**

**Breakfast**
- French Toast Bake
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Oatmeal or Vanilla Bean Bars

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & a Tea Roll
- Chicken Nuggets with a Tea Roll
- Chicken Egg Roll w/Teriyaki Chicken Dippers and Steamed Brown Rice
- Sandwich of the Day: Turkey Deli & Tea Roll
- Green Beans

**Wednesday, February 5, 2020**

**Breakfast**
- A+ Biscuit
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Apple Oatmeal Bars

**Lunch**
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Smothered Burrito
- Spicy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Steamed Carrots
- Baked School Fries
- Sample: Fresh Grapefruit

**Thursday, February 6, 2020**

**Breakfast**
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Western Beans

**Lunch**
- BBQ Chicken Thigh with Tea Rolls
- Pork Tenderloin on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy & Tea Rolls
- Pepped-Up Potatoes

**Friday, February 7, 2020**

**Breakfast**
- Colby Cheese Omelet with a Warm Biscuit or Tortilla
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and French Toast Bake

**Lunch**
- Country Beef Cutlet with a Tea Roll
- Homestyle Meatloaf with a Tea Roll
- Hot N’ Spicy Chicken Tenders with a Tea Roll
- Sandwich of the Day: Classic & Tea Roll
- Whipped Potatoes with Beef Gravy

- **Chef Salad:** Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadstick, & Tea Roll
- **Chef Salad:** Diced Egg, White American, Lettuce & Spinach Mix, & Tea Rolls
- **Chef Salad:** Grilled Chicken Strips, American, Lettuce & Spinach Mix, & Tea Rolls

**Chef Salad:** Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadstick, & Tea Roll

**Chef Salad:** Diced Egg, White American, Lettuce & Spinach Mix, & Tea Rolls

**Chef Salad:** Grilled Chicken Strips, American, Lettuce & Spinach Mix, & Tea Rolls

**Chef Salad:** Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls

**Chef Salad:** Beef Taco Salad: Taco Meat, Black Bean Salsa, White American, Lettuce & Spinach Mix, & Tortilla Chips

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**Menu Key:**
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

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**Week of February 3-7, 2020**

**Every Day**
- **Breakfast & Lunch**
  - Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
  - As cold 1% fat free milk is offered as part of every meal, but is not required to be taken. (Cups of cold water are available, free of charge.)

**Daily Lunch Options**
- **Yogurt Parkie, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian varieties chosen daily.**
- **Spiced Red Pepper Hummus and Sunflower Chips are vegetarian varieties chosen daily.**
- **All green salads and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.**
For a complete Breakfast, you must select **three stars**, at least one star must be a vegetable or a fruit.

Sometimes it’s hard to get enough sleep, especially if you have a job, help take care of younger brothers or sisters, or are busy with other activities after school. Like healthy eating and getting enough physical activity, getting enough sleep is important to stay healthy.

Sleep is important to do well in school, at work, drive safely, and fight off infection. Not getting enough sleep may make you moody and irritable. While more research is needed, some studies have shown that not getting enough sleep may also contribute to weight gain.

If you’re between 13 and 18 years old, you should get 8 to 10 hours of sleep each night. Find out what you can do to make sure you get enough sleep.

<table>
<thead>
<tr>
<th>Menu Key:</th>
<th>-Contains Pork</th>
<th>-Locally Grown</th>
<th>-Meatless Item</th>
<th>-Spicy</th>
<th>-New Item</th>
<th>-Vegan</th>
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**Monday, February 10, 2020**

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Cheeseburger on a Bun
- BBQ Pulled Pork Nachos
- Hamburger on a Bun
- Spicy Black Bean Sandwich
- Chicken Quesadillas with Steamed Brown Rice
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

**Tuesday, February 11, 2020**

**Breakfast**
- Scrambled Eggs & Sausage Patty with a Warm Biscuit or Toast
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Pizzaria Style Pepperoni Pizza
- Fish Wedge Sandwich
- Pizzaria Style Cheese Pizza
- Chicken & Cheese Taquitos
- Sandwich of the Day: Turkey & American Ciabatta
- Sweet Potato Fries
- Steamed Green Beans
- Frozen Strawberries

**Wednesday, February 12, 2020**

**Breakfast**
- Breakfast Sausage Wrap with Maple Syrup
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Macho Nachos
- Buffalo Chicken Sandwich
- Not So Macho Nachos
- Pepperoni Pocket
- Sandwich of the Day: Country Boy
- Reﬁned Beans
- Golden Corn

**Thursday, February 13, 2020**

**Breakfast**
- Oatmeal Bars
- Syrup

**Lunch**
- Breakfast Menu Key:

**Menu Key:**
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

**Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!**