

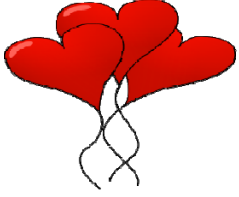

Half of your plate should

be **COLORFUL**
FRUITS & VEGETABLES



February 2018
Crusader Café



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Alfredo Broccoli Fruit Cup <i>Chicken Fried Steak</i>	Frito Chili Pie Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>
5	6	7	8	9
Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Oriental Sesame Chicken Salad Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	Wing Fling Soft Pretzel Potato Cakes/Baked Beans Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Stuffed Crust Pizza Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>
12	13	Ash Wednesday ♥ 14 ♥	15	16
Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Sweet & Sour Chicken Rice Broccoli Egg roll Fruit Cup <i>Grilled Italian</i>	Shrimp Poppers Mashed Potatoes Corn Fruit Cup <i>Bean&Cheese Burrito</i>	Spaghetti & Meatballs California Vegetables Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Cheese Quesadilla Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Fish Basket</i>
19	20	21	22	23
No School	Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Zesty Cuban Sandwich Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	Chicken Parmesan Pasta Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	No School
26	27	28		
Crispy Chicken Salad Baby Carrots Wheat Roll Fruit Cup <i>Grilled Italian</i>	Street Tacos Mexicali Corn Refried Black Beans Cilantro Lime Rice Fruit Cup <i>Turkey Bacon Melt</i>	Shrimp Poppers Corn Mashed Potatoes Fruit Cup <i>Chicken Ranch</i>		

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

"USDA is an equal opportunity provider and employer."