

Half of your **plate** should

be **COLORFUL**

FRUITS & VEGETABLES



**February 2019
Crusader Café**



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Stuffed Crust Pizza Tossed Garden Salad Fruit Cup <i>Chicken Fried Steak</i>
4	5	6	7	8
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	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>
11	12	13	♥♥♥ 14 ♥♥♥	15
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 Corn Bread Muffin Potato Cakes Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Stuffed Crust Pizza Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>
18	19	20	21	22
Presidents' Day No School	Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Shrimp Poppers Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Ranch</i>	Spaghetti & Meatballs California Vegetable Medley Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Parent Teacher Conf. No School
25	26	27	28	
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Chicken Parmesan Pasta & Sauce Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	Zesty Cuban Sandwich Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	Chicken Pita Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>	♥♥♥.♥♥♥ ♥♥♥♥♥♥♥♥♥ ♥♥♥♥♥♥♥ ♥♥♥ ♥

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

"This institution is an equal opportunity provider."