HARRISONBURG CITY Public Schools

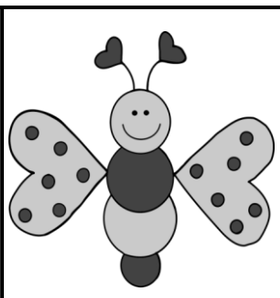
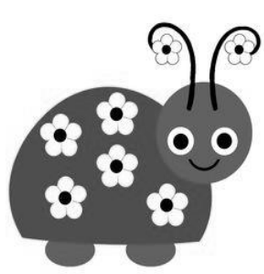
KEISTER, SMITHLAND, SPOTSWOOD, STONE SPRING, WATERMAN ELEMENTARY SCHOOLS

February

A Complete Lunch is: One Protein/Grain Entrée, 1/2 Cup Fruit, 3/4 Cup Vegetables, and One Half-Pint of Milk

Students may select less food, but must be served at least 1/2 cup of fruit or vegetable with lunch each day.

Unless otherwise noted, pepperoni, ham, sausage, and hot dogs on the elementary menu are made from turkey and do not contain pork.

DAILY PRICES Breakfast - No Charge Lunch - $1.80 Reduced Lunch $.40 Adult Breakfast - $1.50 Adult Lunch - $3.00		***Wednesday 2/1*** ***Select 1 Entrée:*** Pepperoni Pizza Chef's Salad w/ Wheat Roll ***Select up to 2 Veggies and 1 Fruit:*** Buttered Peas Raw Veggie Cup Fruit Assortment Milk	***Thursday 2/2*** ***Select 1 Entrée:*** Macaroni & Cheese w/ Breadstick Grilled Chicken Salad w/Breadstick Yogurt w/Graham Crackers ***Select up to 2 Veggies and 1 Fruit:*** Side Salad Raw Veggie Cup Fruit Assortment Milk	***Friday 2/3*** ***Select 1 Entrée:*** Chicken Quesadilla Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Refried Beans Raw Veggie Cup Fruit Assortment Milk
Monday 2/6 ***Select 1 Entrée:*** Grilled Chicken Sandwich w/Let&Tom Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Baby Limas Raw Veggie Cup Fruit Assortment Milk	***Tuesday 2/7*** ***Select 1 Entrée:*** Cheese Filled Pasta Shells w/Breadstick Grilled Chicken Salad w/Breadstick Hummus Cup w/String Cheese & Tortilla Scoops ***Select up to 2 Veggies and 1 Fruit:*** Side Salad Raw Veggie Cup Fruit Assortment Milk	***Wednesday 2/8*** ***Select 1 Entrée:*** French Bread Cheese Pizza Chef's Salad w/ Wheat Roll ***Select up to 2 Veggies and 1 Fruit:*** Green Beans Raw Veggie Cup Fruit Assortment Milk	***Thursday 2/9*** ***Select 1 Entrée:*** Fish Tenders w/Breadstick Grilled Chicken Salad w/Breadstick Yogurt w/ Graham Crackers ***Select up to 2 Veggies and 1 Fruit:*** Baked Beans Raw Veggie Cup Fruit Assortment Milk	***Friday 2/10*** ***Select 1 Entrée:*** Turkey Hot Dog Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Tomato Soup Raw Veggie Cup Fruit Assortment Milk
Monday 2/13 ***Select 1 Entrée:*** Chicken Filet Sandwich w/Lettuce & Tomato Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Mashed Potatoes Raw Veggie Cup Fruit Assortment Milk	***Tuesday 2/14*** ***Select 1 Entrée:*** Turkey Corn Dog Grilled Chicken Salad w/Breadstick Hummus Cup w/ String Cheese & Sun Chips ***Select up to 2 Veggies and 1 Fruit:*** Steamed Kale Raw Veggie Cup Fruit Assortment Milk Valentine Cookie	***Wednesday 2/15*** ***Select 1 Entrée:*** Mini Round Cheese Pizza Chef's Salad w/ Wheat Roll ***Select up to 2 Veggies and 1 Fruit:*** Buttered Corn Raw Veggie Cup Fruit Assortment Milk	***Thursday 2/16*** ***Select 1 Entrée:*** Cheese Quesadilla Grilled Chicken Salad w/Breadstick Yogurt w/ Granola ***Select up to 2 Veggies and 1 Fruit:*** Seasoned Black Beans Raw Veggie Cup Fruit Assortment Milk	***Friday 2/17*** ***Select 1 Entrée:*** Bean and Cheese Burrito Chef's Salad w/Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Peas Raw Veggie Cup Fruit Assortment Milk
Monday 2/20 ***Select 1 Entrée:*** Chicken Fajita w/Brown Rice Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Lettuce & Tomato Raw Veggie Cup Fruit Assortment Milk	***Tuesday 2/21*** ***Select 1 Entrée:*** Turkey & Cheese Sandwich on Bun w/ Lettuce & Tomato Grilled Chicken Salad w/Breadstick Hummus Cup w/String Cheese & Tortilla Scoops ***Select up to 2 Veggies and 1 Fruit:*** Buttered Corn Raw Veggie Cup Fruit Assortment Milk	***Wednesday 2/22*** ***Select 1 Entrée:*** Cheese Filled Breadsticks w/Sauce Chef's Salad w/ Wheat Roll ***Select up to 2 Veggies and 1 Fruit:*** Side Salad Raw Veggie Cup Fruit Assortment Milk	***Thursday 2/23*** ***Select 1 Entrée:*** Pork BBQ Sandwich Grilled Chicken Salad w/Breadstick Yogurt w/ Graham Crackers ***Select up to 2 Veggies and 1 Fruit:*** Baked Beans Raw Veggie Cup Fruit Assortment Milk	***Friday 2/24*** ***Select 1 Entrée:*** Beef Teriyaki Bites w/ Breadstick Chef's Salad w/Breadstick Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Steamed Carrots Raw Veggie Cup Fruit Assortment Milk
Monday 2/27 ***Select 1 Entrée:*** Roasted Chicken w/ Wheat Roll Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato ***Select up to 2 Veggies and 1 Fruit:*** Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk	***Tuesday 2/28*** ***Select 1 Entrée:*** Lasagna w/Breadstick Grilled Chicken Salad w/Breadstick Hummus Cup w/ String Cheese & Sun Chips ***Select up to 2 Veggies and 1 Fruit:*** Buttered Corn Raw Veggie Cup Fruit Assortment Milk - Ice Cream Treat!		**Breakfast in the Classroom** M - Goldfish Crackers w/ String Cheese T - Yogurt w/ Graham Crackers W - Mini Waffles TH - Muffin w/ String Cheese F - Pancakes **Daily** Fresh Fruit and 100% Fruit/Vegetable Juice Choice of Milk	

Nutrition information is available by calling Andrea Early at the School Nutrition Program office 437-3300 or by email at aearly@harrisonburg.k12.va.us

Cash and checks for meal accounts may be sent to school with your student. Please be sure to list your student's meal account number on an envelope or in the check memo field. Funds may be added electronically (for a flat fee of $2.50 per transaction) by setting up an account at www.myschoolbucks.com. In addition, this system may be used to monitor balances and purchases (at no cost).

Please pay meal charges in a timely manner.

USDA is an equal opportunity provider and employer.