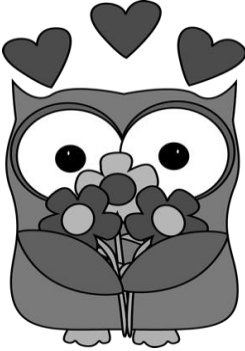

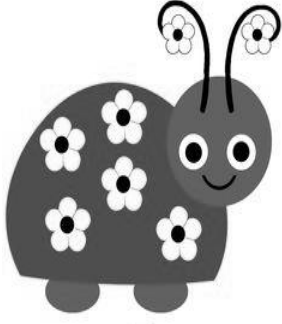




# February



**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.  
*A selection of cold sandwiches are available daily as an entrée choice.*

<p><b><u>DAILY PRICES</u></b></p> <p>Breakfast - \$.75 Lunch - \$2.00</p> <p>Reduced Breakfast - \$.30 Reduced Lunch \$ .40</p> <p>Adult Breakfast - \$1.50 Adult Lunch - \$3.00</p>		<p><b>Wednesday 2/1</b></p> <p><b>Select 1 Entrée:</b> Spaghetti w/Meat Sauce and Texas Toast Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Buttered Peas Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Thursday 2/2</b></p> <p><b>Select 1 Entrée:</b> Fruit and Yogurt Parfait Chicken Quesadilla Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Mixed Veggies Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Friday 2/3</b></p> <p><b>Select 1 Entrée:</b> Spicy Chicken Sandwich Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Side Salad Raw Veggie Cup Fruit Assortment Milk</p>
<p><b>Monday 2/6</b></p> <p><b>Select 1 Entrée:</b> Chicken Parmesan w/Wheat Roll Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Tuesday 2/7</b></p> <p><b>Select 1 Entrée:</b> Cheese Filled Pasta Shells with Breadstick Sloppy Joe Sandwich Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Side Salad Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Wednesday 2/8</b></p> <p><b>Select 1 Entrée:</b> Fish Taco w/Lettuce &amp; Tomato Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Refried Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Thursday 2/9</b></p> <p><b>Select 1 Entrée:</b> Turkey Hot Dog Turkey Pepperoni Stromboli Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Green Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>EARLY RELEASE</b></p> <p><b>Manager's Menu</b></p> 
<p><b>Monday 2/13</b></p> <p><b>Select 1 Entrée:</b> Macaroni &amp; Cheese w/ Biscuit Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Steamed Kale Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Tuesday 2/14</b></p> <p><b>Select 1 Entrée:</b> Chicken Fillet Sandwich w/Lettuce &amp; Tomato Nacho Bar Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Seasoned Black Beans Raw Veggie Cup Fruit Assortment Milk - Valentine Cookie</p>	<p><b>Wednesday 2/15</b></p> <p><b>Select 1 Entrée:</b> Turkey Corn Dog Bites Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Mixed Veggies Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Thursday 2/16</b></p> <p><b>Select 1 Entrée:</b> Fruit and Yogurt Parfait Salisbury Steak w/Wheat Roll Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Mashed Potatoes Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Friday 2/17</b></p> <p><b>Select 1 Entrée:</b> Hamburger w/Lettuce &amp; Tomato Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Side Salad Raw Veggie Cup Fruit Assortment Milk</p>
<p><b>Monday 2/20</b></p> <p><b>Select 1 Entrée:</b> Chicken Fajita w/ Brown Rice Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Refried Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Tuesday 2/21</b></p> <p><b>Select 1 Entrée:</b> Fish Sticks w/Biscuit Pepperoni &amp; Cheese Calzones Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Wednesday 2/22</b></p> <p><b>Select 1 Entrée:</b> Baked Potato Bar w/Breadstick Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Thursday 2/23</b></p> <p><b>Select 1 Entrée:</b> Grilled Cheese Sandwich Italian Sausage &amp; Potato Bake Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Tomato Soup Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Friday 2/24</b></p> <p><b>Select 1 Entrée:</b> Macaroni &amp; Beef w/Wheat Roll Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Green Beans Raw Veggie Cup Fruit Assortment Milk</p>
<p><b>Monday 2/27</b></p> <p><b>Select 1 Entrée:</b> Hot Turkey, Cheese, &amp; Bacon on Bun w/Lettuce &amp; Tomato Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk</p>	<p><b>Tuesday 2/28</b></p> <p><b>Select 1 Entrée:</b> Roasted Chicken w/ Wheat Roll Fish Filet Sandwich Salad Bar w/Wheat Roll or Crackers</p> <p><b>Select up to 2 Veggies and 1 Fruit:</b> Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>		<p><b><u>Breakfast</u></b></p> <p>M - Biscuit Sandwich T - Breakfast Pizza W - Pancakes or Waffles Th - Biscuit Sandwich F - Pancake and Sausage Bites or Daily Pick 2 Continental Breakfast</p> <p><b><u>Daily</u></b></p> <p>Fresh Fruit, 100% Fruit Juice Choice of Milk</p>	

Menus may change due to availability of products.

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](mailto: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](http://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 employer.

