







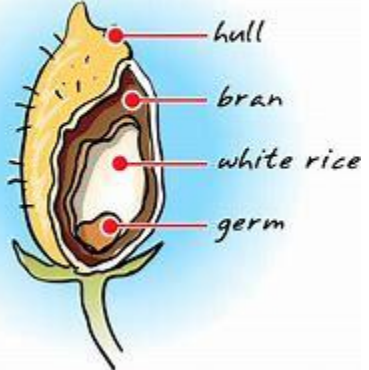
**Breakfast Prices**  
**Paid: \$1.25**  
**Reduced: \$.30**

# Dalton Local School District Elementary School Menu February 2019

**Lunch Prices:**  
**Paid: \$2.55**  
**Reduced: \$.40**  
**Extra**  
**Entrée: \$1.50**



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="text-align: center;">  <p><b>WE ARE WHOLE GRAIN 100%</b></p> </div> <p>This month's Harvest focuses on whole grains! We are proud that our food service selectively picks food items that are at least 51% whole grain.</p>	<p>What makes whole grains so good for you? They are a good source of fiber and aid in digestion. Since they contain more of the outer coating of the grain called the "bran" and the nutritional part of the grain called the "germ", they take longer to break down and aid in helping your body digest the rest of your food.</p> <p>They also contain complex carbohydrates, something your body uses for energy!</p>	<p>The American Dietary Guidelines suggest everyone eat at least 3 servings of whole grains daily! You can start out with having oatmeal for breakfast and can include whole grain breads and whole grain pastas for lunch and dinner.</p> <p>Whole grains have come a long way and don't taste bad at all. In fact, all of our pastries (donuts, pop tarts, etc.) are whole grains and they still taste delicious!</p> <p>Try some whole grains today! You might be surprised at how great they taste!</p>	<div style="text-align: center;">  </div>	<p style="text-align: right;">1</p> <p><b>Breakfast:</b>        Breakfast Sliders<sup>2=21</sup>        Cinnamon Sliced Apples<sup>22</sup>        Milk Choice</p> <p><b>Lunch:</b>  <b>Entrée Pick One</b>        Mini Meatball Subs,<sup>2=22</sup>        Cheese Pizza<sup>43</sup> or Grilled Chicken        Garden Salad<sup>22</sup></p> <p><b>Vegetable Pick Two:</b>        Baked Beans<sup>18</sup> or Salad Bar</p> <p><b>Fruit:</b>        Diced Pears<sup>14</sup> or Salad Bar        Milk Choice</p>
<p style="text-align: right;">4</p> <p><b>Breakfast:</b>        Chocolate Filled Breakfast Croissant<sup>37</sup>        Diced Pears<sup>14</sup> or Fresh Fruit Choice        Milk</p> <p><b>Lunch:</b>  <b>Entrée:</b>        Quesadilla<sup>32</sup> w/Sour Cream<sup>3</sup> or Big Daddy's Cheese Pizza<sup>43</sup> or Goldfish Fun Lunch w/Goldfish Crackers, Cheese Stick, Fresh Fruit or Juice &amp; Vegetables<sup>26</sup></p> <p><b>Vegetable:</b>        Cowboy Corn<sup>21</sup> or Salad Bar</p> <p><b>Fruit:</b>        Side Kicks Slushy<sup>20</sup> or Fresh Fruit        Milk Choice</p>	<p style="text-align: right;">5</p> <p><b>Breakfast:</b>        Mini Pillsbury Maple Pancakes<sup>20</sup>        Juice<sup>20</sup> or Fresh Fruit Choice        Milk</p> <p><b>Lunch:</b>  <b>Entrée:</b>        Baked Chicken Nuggets<sup>13</sup> or Bosco Sticks<sup>28</sup> w/Marinara Sauce <sup>10</sup> or Ham &amp; Cheese Sub Sandwich<sup>30</sup></p> <p><b>Vegetable:</b>        Emoji Fries<sup>20</sup> &amp; Salad Bar</p> <p><b>Fruit:</b>        Applesauce<sup>14</sup> or Fresh Fruit        Milk Choice</p>	<p style="text-align: right;">6</p> <p><b>Breakfast:</b>        Go Big Strawberry Yogurt<sup>18</sup> w/ Fresh Baked Cinnamon Roll<sup>19</sup>, Strawberry Cup<sup>22</sup> or Fresh Fruit Choice        Milk</p> <p><b>Lunch:</b>  <b>Entrée:</b>        Hamburger<sup>1</sup> Bar w/Cheese<sup>1</sup>, Lettuce, Bun<sup>19</sup> Tomato Slices<sup>0</sup> &amp; Pickles<sup>0</sup> or Big Daddy's Pepperoni<sup>43</sup> or Chef Salad<sup>13</sup></p> <p><b>Vegetable:</b>        Steamed Green Beans<sup>4</sup> or Salad Bar</p> <p><b>Fruit:</b>        Mandarin Oranges<sup>20</sup> or Fresh Fruit        Milk Choice</p>	<p style="text-align: right;">7</p> <p><b>Breakfast:</b>        French Toast Bites<sup>19</sup> w/Syrup<sup>51</sup>        Mixed Fruit<sup>14</sup> or Fresh Fruit Choice        Milk</p> <p><b>Lunch:</b>  <b>Entrée:</b>        Turkey Gravy<sup>2</sup> or Cheese Pizza<sup>43</sup> or Yogurt Parfait<sup>46</sup></p> <p><b>Vegetable:</b>        Mashed Potatoes<sup>15</sup> or Salad Bar</p> <p><b>Fruit:</b>        Dried Craisins<sup>26</sup> or Fresh Fruit        Milk Choice</p>	<p style="text-align: right;">8</p> <p><b>Breakfast:</b>        Blueberry Cinnamon Twisted Stix<sup>24</sup>        Juice Choice<sup>20</sup> or Fresh Fruit Choice        Milk</p> <p><b>Lunch:</b>  <b>Entrée:</b>        Walking Taco<sup>31</sup> w/Cheese, Pico De Gallo &amp; Greek Yogurt<sup>2</sup> or Personal Sausage Pizza<sup>26</sup> or Grilled Chicken Garden Salad<sup>22</sup></p> <p><b>Vegetable:</b>        Fiesta Beans<sup>22</sup> or Salad Bar</p> <p><b>Fruit:</b>        Diced Pears<sup>14</sup> or Fresh Fruit        Milk Choi</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p><b>Breakfast:</b> Pillsbury Apple Frudel 36 Applesauce14 or Fresh Fruit Choice Milk Choice <b>Lunch:</b> <b>Entrée:</b> Fry Day! Baked Chicken Fries7=14 &amp; Baked Funnel Cake Fries5=13 or Pizza Bites29 or Pizza Flatbread Lunchable33 <b>Vegetable:</b> Oven Baked Fries17 &amp; Salad Bar <b>Fruit:</b> Mixed Fruit Cup22 or Fresh Fruit Milk Choice</p>	<p>12</p> <p><b>Breakfast:</b> French Toast Sticks28 w/Turkey Sausage Patty1 &amp; Syrup51 (Sugar Free Available Upon Request)9 Mixed Fruit22 or Fresh Fruit Choice Milk Choice <b>Lunch:</b> <b>Entrée:</b> Hot Dog Bar24 w/Coney Sauce7, Shredded Cheddar Cheese2, Diced Onions0, Banana Peppers0 &amp; Relish0 or Fiesta Pizza38 or Yogurt Parfait 46 <b>Vegetable:</b> Baked Beans29 or Salad Bar <b>Fruit:</b> Side Kicks Slushy20 or Fresh Fruit Milk Choice</p>	<p>13</p> <p><b>Breakfast:</b> Sausage Pancake Wrap23 w/Syrup51 (Sugar Free Available)9 Assorted Juice20 or Fresh Fruit Choice Milk <b>Lunch:</b> <b>Entrée:</b> Firecracker Chicken Bites35 Over Brown Rice37 &amp; Fortune Cookie7 or Big Daddy Cheese Pizza43 or Breakfast Fun Lunch62 <b>Vegetable:</b> Steamed Broccoli3 or Salad Bar <b>Fruit:</b> Diced Pears14 or Fresh Fruit Milk Choice</p>	<p>14</p> <p><b>Breakfast:</b> Pillsbury Mini Strawberry Pancakes40 Diced Peaches13 &amp; Fresh Fruit Milk <b>Lunch:</b> <b>Entrée:</b> Mashed Potato Bowl1/2 cup=15 w/Popcorn Chicken20 or Pepperoni Calzone32 or Italian Combo Sub29 <b>Vegetable:</b> Mashed Potatoes15 w/Gravy4, Steamed Corn17 or Salad Bar <b>Fruit:</b> Mixed Fruit22 or Fresh Fruit Milk Choice</p>	<p>15</p> 
<p>18</p> <p><b>No School Today</b></p> 	<p>19</p> <p><b>Breakfast:</b> Cinni Mini40 Diced Pears14 Milk Choice <b>Lunch:</b> <b>Entrée:</b> Santa Fe Beefy Pasta47, Personal Pizza26 or Ham &amp; Cheese Sub Sandwich25 <b>Vegetable:</b> Peas &amp; Carrots4 or Salad Bar <b>Fruit:</b> Strawberry Cup22 or Fresh Fruit Milk Choice</p>	<p>20</p> <p><b>Breakfast:</b> Pillsbury Mini Waffles37 Assorted Fruit Juice20 Milk Choice <b>Lunch:</b> <b>Entrée Pick One</b> Chili Cheese Tots21 w/Pepperidge Farm Goldfish Graham19, Hawaiian Pizza45 or Chef Salad13 <b>Vegetable Pick Two:</b> Tater Tots16 or Salad Bar <b>Fruit:</b> Apple Slices12 or Fresh Fruit Milk Choice</p>	<p>21</p> <p><b>Breakfast:</b> Sausage, Egg &amp; Cheese on a Bun25 Strawberry Cup22 Milk Choice <b>Lunch:</b> <b>Entrée Pick One</b> Nacho Bar33, Max Sticks32 w/Marinara10 or Turkey &amp; Cheese on a Bun29 <b>Vegetable Pick Two:</b> Fiesta Beans22 or Salad Bar <b>Fruit:</b> Banana27 or Fresh Fruit Milk Choice</p>	<p>22</p> <p><b>Breakfast:</b> Whole Grain Donut59 Fresh Fruit20 or Assorted Fruit Juice Milk Choice <b>Lunch: NEW ITEM!</b> <b>Entrée Pick One</b> Chicken &amp; Waffles – Boneless Wings10 w/1/2 a Belgium Waffle7 Drizzled with Maple Syrup51, BBQ Chicken Pizza36 or Grilled Chicken Garden Salad22 <b>Vegetable Pick Two:</b> Potato Coins17 or Salad Bar <b>Fruit:</b> Diced Peach Cup19 or Fresh Fruit Milk Choice</p>
<p>25</p> <p><b>Breakfast:</b> Fresh Baked Ultimate Breakfast Rounds43 Peach Cup19 Milk Choice <b>Lunch:</b> <b>Entrée Pick One:</b> Grilled Cheese31 w/Tomato Soup20, Whole Grain Max Stix16 w/Marinara10 or WOW Butter Lunchable18 <b>Vegetable:</b> Tater Tots16 or Salad Bar <b>Fruit:</b> Applesauce14 or Fresh Fruit Milk Choice</p>	<p>26</p> <p><b>Breakfast:</b> Mini Cinnamon French Toast37 Applesauce 14 Milk Choice <b>Lunch:</b> <b>Entrée Pick One</b> Scrambled Eggs3 w/Cheese3 &amp; Mini Blueberry Pancakes34, Meat Lovers Pizza43 or Yogurt Parfait46 <b>Vegetable Pick Two:</b> Hash Brown15, Cold Vegetable Medley4 or Salad Bar <b>Fruit:</b> Mixed Fruit Cup22 or Fresh Fruit Milk Choice</p>	<p>27</p> <p><b>Breakfast:</b> Pancake Wrap w/Syrup23 Assorted Juice20 Milk Choice <b>Lunch:</b> <b>Entrée Pick One</b> Hot Italian Sandwich29 w/Baked Chips19, Pepperoni Pizza43 or Breakfast Fun Lunch53 <b>Vegetable Pick Two:</b> Steamed Green Beans2, Cold Mixed Veggies4, Cold Sandwich Bar or Salad Bar <b>Fruit:</b> Grapes16 or Fresh Fruit Milk Choice</p>	<p>28</p> <p><b>Breakfast:</b> French Toast Sticks28 (Syrup 51) w/Sausage0 Fresh Fruit or Orange Slices21 Milk Choice <b>Lunch:</b> <b>Entrée:</b> Macaroni &amp; Cheese1 cup=33, Bosco Sticks28 w/Marinara Sauce10 or Italian Combo Sub32 <b>Vegetable:</b> Peas and Carrots4, Cole Slaw17 or Salad Bar <b>Fruit:</b> Banana27 or Fresh Fruit Milk Choice</p>	<p>whole rice grain</p> 

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