

CENTENNIAL AND ENOTA MENU

February 2018

SILVER AWARD WINNER



Adult Breakfast: \$1.50
 Adult Lunch: \$2.75
 All Students Eat at No Cost
 Extra milk is \$0.35

Assorted fat-free or low-fat milk is offered at breakfast & lunch.
 *Menu subject to change due to market conditions, delivery, food availability, & school activities

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			Ham Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Sliced Apples 1/2c	Dutch Waffle Cereal with Grahams Cereal & Cereal Spiced Apples 2/3c Strawberries 1/2c
			Pepperoni Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Corndog Grilled Cheese & Yogurt Coleslaw 1/2c Baked Beans 1/2c Carrot sticks 1/2c Fancy Greens Salad 1c Ranch 1oz Pineapple Tidbits 1/2c
5	6	7	8	9
Pancake 'n' Sausage on a Stick with Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Mini French Toast Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Mini Cinnis Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	Breakfast Pizza Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable Zesty Greens 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Cheese Pizza PBJ & Cheese Puffs Steamed Broccoli 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	Crunchy Chicken Taco Sour Cream Grilled Cheese & Yogurt Salsa Dunk Cup Corn 1/2c Pinto Beans 1/2c Lettuce/Tomato 1c Peaches 1/2c	Hamburger Veggie Burger Baked Beans 1/2c Tator Tots 1/2c Fancy Greens Salad 1c Ranch 1oz Fruit Juice 4oz	Fish 'n' Fries – Roll PBJ & Cheese Puffs Green Beans 1/2c French Fries 1/2c Fancy Greens Salad 1c Ranch 1oz Mandarin Oranges 1/2c Whole grain dessert
12	13	14	15	16
Cereal Bar & Cheese Cubes Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Tropical Fruit 1/2c	Mini Waffles Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Pears 1/2c	Turkey Sausage Biscuit Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Sliced Apples 1/2c	French Toast Sticks & Syrup Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Chilled Fruit 1/2c
Chicken Nuggets (5)-1oz Roll Grilled Cheese & Yogurt Green Beans 1/2c Whipped Potatoes 1/2c Crispy Romaine Salad 1c Ranch 1oz Fresh Fruit 1 ea	Hot Pocket Marinara Dunk Cup PBJ & Cheese Puffs Corn 1/2c Parmesan Broccoli 1/2c Farmer's Garden Salad 1c Ranch 1oz Applesauce Cup	Breaded Chicken Drumstick 1oz Roll Munchable Green Beans 1/2c Sweet Potatoes 1/2c Spinach & Arugula Salad 1c Ranch 1oz Peaches 1/2c	Cheese Pizza PBJ & Cheese Puffs Carrot Sticks 1/2c Corn 1/2c Italian Salad 1c Fruit Juice 4oz	Hotdog and Cheese Puffs Grilled Cheese & Yogurt Baked Beans 1/2c Steamed Broccoli 1/2c Glazed Carrots 1/2c Pineapple 1/2c



Winter Break

This institution is an equal opportunity provider.



26	27	28 Lunch-to-Go	1	2
Breakfast Bun Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Banana 1 ea	Pancakes & Syrup Cereal with Grahams Cereal & Cereal Fresh Fruit 1 ea Fruit Cocktail 1/2c	Chicken Biscuit Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Pears 1/2c	Cinnamon Roll Cereal with Grahams Cereal & Cereal Fresh Fruit 1ea Sliced Apples 1/2c	Muffin and Yogurt Cereal with Grahams Cereal & Cereal Fruit Juice 4oz Strawberries 1/2c
Chicken Sandwich Munchable Cheesy Broccoli 1/2c Potato Smiles 6ea Carrot Sticks 1/2c Lettuce & Tomato 1c Fresh Fruit 1 ea	Cheese Pizza PBJ & Cheese Puffs Green Beans 1/2c Sweet Potatoes 1/2c Italian Salad 1c Applesauce Cup	PBJ & Cheese Stick OR Soybutter Sandwich & Cheese Stick Includes: Carrots 1/2c Veggie Juice 4oz Fruit Cup 1/2c Whole grain dessert	Cheeseburger Veggie Burger Baked Beans 1/2c Tator Tots 1/2c Farmer's Garden Salad 1c Ranch 1oz Fruit Juice 4oz	Asian Chicken Nuggets PBJ & Cheese Puffs Steamed Broccoli 1/2c Carrot Sticks 1/2c Oriental Salad 1c Mandarin Oranges 1/2c

Sack lunches are for field trips only. They include a peanut butter and jelly sandwich, grain item, fruit, vegetable, and milk. If your child has a peanut allergy, we have a soy butter sandwich available upon request. Let your child's teacher know to request the soy butter sandwich (peanut free, but contains milk, wheat, and soy). Grab and go breakfast jumpstarts are available regularly as an alternative breakfast to be eaten in the classroom. It contains cereal, graham crackers, and juice. Milk and fruit are available.



EAT YOUR BROCCOLI

Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in _____.
 A.) water B.) air C.) nutrients D.) green particles
- Broccoli provides _____.
 A.) fiber B.) vitamin A C.) vitamin C D.) all three
- Which state grows the most broccoli in the United States?
 A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C, 2. D, 3. A

Reasons to Eat Broccoli

A ½ cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.

Folate Champions*:

Avocados, broccoli, dry beans, fortified whole grain breads and cereals, orange juice, peanuts, and spinach.



Nutrition Facts	
Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

