



February

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... FEBRUARY 1 - 3			Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Pears	Pig in a Blanket Oven Bkd French Fries Crunchy Baby Carrots Cauliflower Florets Warm Cinnamon Apples
Week of... FEBRUARY 6 - 10	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	Breaded Chicken Strips Whipped Potatoes Fresh Broccoli Florets Crisp Cucumber Slices Mixed Fruit Fresh Bkd Cinn Breadstix	Tatertot Casserole Seasoned Corn Fresh Cauliflower Florets Crunchy Baby Carrots Crisp Apple Wedges Fresh Bkd Dinner Roll	Ham/Cheese Deli Sub Oven Bkd. Beans Sh. Lettuce/Tomato Slices Diced Peaches 6-12 Fruit Rollup	PK-8 Tony's Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Seasoned Carrot Coins Garbanzo Beans Pineapple Tidbits WG Cookie
Week of... FEBRUARY 13 - 17	Chicken Fajita/tortilla shell Shredded Cheese/Lettuce Diced Tomatoes/Salsa Tatertots/Seasoned Rice Pineapple Tidbits	Maidrite/ Bun Seasoned Corn Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Valentine Treat	Italian Pizza Pasta Bake Seasoned Green Beans Crunchy Baby Carrots Garbanzo Beans Applesauce Fresh Bkd Parmesan Roll	Popcorn Chicken Whipped Potatoes Fresh Broccoli Florets Crisp Radishes Mixed Fruit Fresh Bkd Cinn Breadstix	State Fair Corndog Oven Bkd Beans Crunchy Baby Carrots Broccoli Florets/dip Diced Pears
Week of... FEBRUARY 20 - 24	PK-5 Turkey Cheese Deli Sub 6-8 Flatbread 9-12 w/Bacon Sh. Lettuce/Tomato Slices Cowboy Salsa Juicy Orange Wedges Baked Doritos	Hamburger w/ Bun Cheese Slice Bkd French Fries Fresh Tomato/Cucumber Slices Applesauce	PK-5 Chicken Fries 4-12 Mand Orange Chicken Whipped Potatoes/Stirfry Veggies/Garden Blend Rice Pineapple Tidbits Cookie	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches Fruit Slushie	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Savory Black Beans Seasoned Rice Crisp Apple Wedges
Week of... FEB 27 - 28	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie			
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH

5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
*Students must choose at least 3 of the 5 items offered,
 one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.