



L.K. Moss Elementary School

FEBRUARY, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
				1 MANAGER'S SPECIAL	(M) (T) (W) (Th) (F) MANAGER'S SPECIAL
4 Loaded Beef Nachos w/Salsa Seasoned Corn Black Beans Fruit	5 Hot Dog on Bun Cole Slaw Sweet Potato Fries Fruit	6 Chilli Bowl w/Saltines Steamed Broccoli Baked Potato Fruit	7 Chicken Bites Mashed Potatoes Seasoned Green Roll Fruit	8 Pizza w/Marinara Sauce Baked Beans Potato Wedges Fruit	(M) Mini Pancakes (Tu) Muffin w/Yogurt (W) Mini Bagels (Th) Breakfast Bar (F) Variety Biscuit
11 Hamburger w/Lettuce/Tomato Oven Fries California Blend Veggies Fruit	12 Chicken Quesadilla Black Beans Tossed Salad w/dressing Fruit	13 Beef Vegetable Soup w/Grilled Cheese Steamed Broccoli Fruit	14 General Tso Chicken w/Fried Rice Egg Roll Honey Glazed Carrots Fruit	15 BBQ Sandwich Seasoned Corn Potato Tots Fruit	(M)Mini Waffles (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Nutri Grain (F)Assorted Cereal
18 PRESIDENTS DAY HOLIDAY	19 Fish Sandwich Cole Slaw Sweet Potato Fries Fruit	20 Breakfast for Lunch French Toast Sticks w/Eggs/Sausage Green Peas Fruit	21 Oven Roasted Chicken Black-eyed Peas Breaded Orka Cornbread Fruit	22 Pizza w/Marinara Sauce Baked Beans Potato Wedges Fruit	(M) Mini Pancakes (Tu) Muffin w/Yogurt (W) Mini Bagels (Th) Breakfast Bar (F) Variety Biscuit
25 Cheeseburger on Bun Potato Wedges California Blend Veggies Fruit	26 Chicken Noodle Soup Grilled Cheese Sandwich Steamed Broccoli Fruit	27 Ham/Cheese Hoagie Veggie Dippers Steamed Carrots SunChips Fruit	28 Salisbury Steak w/Gravy Rice Green Beans Roll Fruit		(M)Mini Waffles (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Nutri Grain (F)Assorted Cereal

"DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE"



Helpful Information

Milk is offered daily for breakfast and lunch. We offer a variety of milk that is 1% or less fat and either flavored or unflavored.



HEALTHY NEW YEAR'S TIP

Eating right is important to staying at a healthy weight and keeping an energy balance, the balance between the calories in what you eat and drink, and calories you burn when moving. The best way to make sure you have energy balance is to make better choices before you sit down to eat.