



## FEBRUARY 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
USDA is an equal opportunity employer and provider.	Check Out Our Menus On-Line <a href="http://skschools.nutrislice.com">skschools.nutrislice.com</a>		<b>1</b> Whole Wheat French Toast Sticks String Cheese Stick Oven Baked Hash Brown	<b>2</b> Whole Grain Cheese Pizza Chilled Tomato, Green Bean and Chickpea Salad
Alternative Meals: 2. Fresh Tuna Salad on a Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>5</b> Oven Baked Chicken Nuggets BBQ Dipping Sauce Roasted Brussel Sprouts	<b>6</b> Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	<b>7</b> Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans Rolled Gold Mini Pretzels <i>(Available with All Meals)</i>	<b>8</b> Maple Whole Wheat Mini Pancakes Hard Boiled Egg Potato Tater Tots	<b>9</b> Whole Grain Cheese Pizza Chilled Sweet Corn and Green Pepper Salad
Alternative Meals: 2. Hummus Fun Lunch: Hummus Cup, Fresh Green Pepper Strips, String Cheese and Tortilla Chips 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>12</b> Cheeseburger on Whole Wheat Bun Oven Roasted Garbanzo Beans Baked Lay's Potato Chips <i>(Available with All Meals)</i>	<b>13</b> Meatless Cheesy Pasta Bake Marinara Sauce Tossed Salad with Romaine Spinach, Tomatoes and Cucumbers Whole Wheat Dinner Roll	<b>14</b> Meatball Sub with Mozzarella Cheese Chilled Cucumber and Mandarin Orange Citrus Salad	<b>15</b> Mini Whole Wheat Maple Waffles Sausage Patty Roasted Cinnamon Glazed Sweet Potatoes	<b>16</b> Whole Grain Cheese Pizza Crunchy Red and Green Pepper Strips with Low Fat Ranch Dressing
Alternative Meals: 2. Cereal Fun Lunch: Cheerios, Danimal's Strawberry Yogurt, String Cheese and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
ENJOY YOUR VACATION!				
<b>26</b> Creamy Macaroni and Cheese Seasoned Steamed Broccoli Whole Wheat Breadstick	<b>27</b> Oven Baked Chicken Patty Sandwich Seasoned Carrots Annie's Organic Bunny Grahams <i>(Available with All Meals)</i>	<b>28</b> Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, one fruit side dish and a choice of milk.	
Alternative Meals: 2. Blueberry Muffin Fun Lunch: WG Blueberry Muffin, Danimal's Strawberry Yogurt, String Cheese and Goldfish Crackers 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fruit Selection 1% White Milk Fat Free Chocolate Milk

### DAILY BREAKFAST MENU

**Monday:**  
 Whole Grain Blueberry Muffin or Low Sugar Kix Cereal  
**Tuesday:**  
 Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal  
**Wednesday:**  
 Nutrigrain Fruit Bar or Rice Krispy Cereal  
**Thursday:**  
 Danimal's Strawberry Yogurt and Graham Crackers or Special K Cereal  
**Friday:**  
 Whole Wheat Bagel with Cream Cheese or Cheerios Cereal  
 All breakfast served with fruit and milk.

### February Food

**Focus**  
 Red and Orange Vegetables  
 Look On the Menu For:  
 Sweet Potatoes  
 Tomatoes  
 Carrots  
 Red Peppers

