



FEBRUARY 2019 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Check Out Our Menus On-Line or Download the App! skschools.nutrislice.com</p>				<p>1 2 Cheese Filled Whole Grain Bosco Breadsticks Chilled Sweet Potato Raisin Salad</p>
<p>Alternative Meals: 2. Fresh Tuna Salad Tortilla Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>4 Cheeseburger on Wheat Bun Seasoned Mixed Veggies Whole Grain Goldfish Crackers (Available with All Meals)</p>	<p>5 Meatball Sub Topped with Mozzarella Cheese Seasoned Sweet Corn</p>	<p>6 Maple Whole Wheat Mini Pancakes Strawberry Go-Gurt Oven Baked Sweet Potato Puffs</p>	<p>7 Blueberry Muffin Fun Lunch WG Blueberry Muffin Danimal's Strawberry Yogurt String Cheese Goldfish Crackers</p>	<p>8 Whole Grain Cheese Pizza Seasoned Oven Roasted Garbanzo Beans</p>
<p>Alternative Meals: 2. Bagel Fun Lunch: Cereal Fun Lunch: Cheerios Cereal, Hard Boiled Egg, Graham Crackers, Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>11 Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll</p>	<p>12 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans</p>	<p>13 Oven Baked Chicken Nuggets BBQ Dipping Sauce Roasted Glazed Baby Carrots Whole Wheat Dinner Roll</p>	<p>14 Whole Wheat French Toast Sticks Hard Boiled Egg Glazed Sweet Potatoes</p>	<p>15 2 Cheese Filled Whole Grain Bosco Breadsticks Seasoned Sweet Corn</p>
<p>Alternative Meals: 2. Turkey and American Cheese on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
18	19	20	21	22
<div style="border: 2px solid black; padding: 20px; margin: 10px auto; width: 80%;"> <h1>Enjoy Your Vacation</h1> </div>				
<p>Alternative Meals: 2. Fresh Tuna Salad Tortilla Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>25 Creamy Macaroni and Cheese Seasoned Sweet Peas Whole Wheat Breadstick</p>	<p>26 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans</p>	<p>27 Popcorn Chicken in Orange Sauce Seasoned Brown Rice Seasoned Mixed Veggies</p>	<p>28 Whole Wheat Mini Maple Waffles String Cheese Stick Oven Baked Hash Brown</p>	<p>1 Whole Grain Cheese Pizza Chilled Sweet Potato Salad with Wheat Berries and Swiss Chard</p>
<p>Alternative Meals: 2. Sliced Ham and Cheese on Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>

DAILY BREAKFAST MENU

Breakfast consists of either cereal, muffin or Nutrigrain Bar.
All breakfasts are served with fruit or fruit juice and milk.
All breakfast cereals are made with whole grains and have 9 grams of sugar or less per serving.

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Food Focus of the Month

