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STRAWBERRIES

Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.

“This institution is an equal opportunity provider.”

Menu for February 2019

Grants Pass School District No. 7 Elementary

(Allen Dale, Highland, Lincoln, Parkside, Redwood, and Riverside)

Daily Specials—**Mon.** Hamburger, Cheese Burger, or Pizza and Calzone (**Rotation**)
Tues. Chicken Nuggets or Deli Sub (Ham) **Wed.** Cheesy Breadstick or Corn Dog (**Soup of the Day**)
Thurs. Chicken Sandwich or Deli Sub (Turkey) **Fri.** Chef’s Special or PBJ Sandwich
 (Vegetarian Option Offered Daily) **All grains served are whole grain-rich. Milk - White 1%, Skim, or Non Fat Chocolate**



Friday, Feb. 1

Breakfast

Cinnamon Roll or Malto Meal Cereal Variety

Lunch

Quesadilla, Chef’s Special, or PBJ Sandwich

Daily, Fruit, Vegetable, and Milk Variety

Monday, Feb. 4

Breakfast

French Toast or Malto Meal Cereal Variety

Lunch

Ravioli w/Breadstick, Hamburger or Cheese Burger, or Calzone

Daily, Fruit, Vegetable, and Milk Variety

Tuesday, Feb. 5

Breakfast

Smile Delight w/Cheese Stick or Nutrition Bar

Lunch

Mac and Cheese, Chicken Nuggets, both w/Corn Muffin, or Deli Ham Sandwich

Daily, Fruit, Vegetable, and Milk Variety

Wednesday, Feb. 6

Breakfast

Trix Yogurt w/Grahams or Malto Meal Cereal Variety

Lunch

Egg Salad Sandwich, Cheesy Breadstick, or Corn dog
Chicken Noodle Soup
Daily, Fruit, Vegetable, and Milk Variety

Thursday, Feb. 7

Breakfast

Flaky Biscuit and Gravy or Mini Bagels

Lunch

Super Soft Taco, Chicken Sandwich, or Deli Turkey Sub
Toasted Garbanzo Beans

Daily, Fruit, Vegetable, and Milk Variety

Friday, Feb. 8

Breakfast

Breakfast Bar or Malto Meal Cereal Variety

Lunch

Baja Fish Sticks, Chef’s Special, or PBJ Sandwich
Tater Day!
Goldfish Grahams

Daily, Fruit, Vegetable, and Milk Variety



Strawberry Swirl

Ingredients:

1 cup frozen strawberries, thawed
 1 cup (8 ounces) apple juice
 Directions

1. Combine ingredients in blender and process until smooth.
2. Serve, or freeze for 1 to 2 hours to make a slushy. Refrigerate leftovers within 2 hours.

Notes:

If you don't have a blender, mash strawberries with a fork. Add juice and beat with an egg beater until fairly smooth.



<p>Monday, Feb. 11</p> <p>Breakfast Bosco Egg, Cheese, Bacon Pocket or Malto Meal Cereal Variety</p> <p>Lunch Chicken Alfredo, Hamburger or Cheese Burger, or Pizza Variety</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Feb. 12</p> <p>Breakfast Oatmeal Breakfast Round or Fruit Muffin</p> <p>Lunch Eggs/Sausage/Toast, Chicken Nuggets, or Deli Ham Sandwich</p> <p>Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Feb. 13</p> <p>Breakfast Pancake on a Stick or Malto Meal Cereal Variety</p> <p>Lunch Rib-B-Q Sandwich, Cheesy Breadstick, or Corn dog</p> <p>Cheddar Broccoli Soup</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Feb. 14</p> <p>Breakfast Sausage/Cheese BRK Sandwich or Peanut Butter Graham Wafer</p> <p>Lunch Nachos, Chicken Sandwich, or Deli Turkey Sub</p> <p>Cookie</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Feb. 15</p> <p>NO CLASSES</p>
<p>Monday, Feb. 18</p> <p>NO CLASSES</p>	<p>Tuesday, Feb. 19</p> <p>Breakfast Mini Pancakes or Malto Meal Cereal Variety</p> <p>Lunch Yang's Teriyaki Chicken w/Rice or Bean Burrito</p> <p>Fortune Cookie</p> <p>REVISED!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Feb. 20</p> <p>Breakfast Trix Yogurt w/Grahams or Nutrition Bar</p> <p>Lunch Egg Salad Sandwich, Cheesy Breadstick, or Corn dog</p> <p>Warm Chili</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Feb. 21</p> <p>Breakfast Flaky Biscuit and Gravy or Mini Bagels</p> <p>Lunch Roast Beef, Chicken Sandwich, or Deli Turkey Sub</p> <p>Mashed Potatoes w/Gravy!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Feb. 22</p> <p>Breakfast Cinnamon Roll or Malto Meal Cereal Variety</p> <p>Lunch Saucy Spaghetti, Chef's Special, or PBJ Sandwich</p> <p>Fresh Coleslaw</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
<p>Monday, Feb. 25</p> <p>Breakfast Snack'n Waffles or Malto Meal Cereal Variety</p> <p>Lunch Quesadilla, Hamburger, Cheese Burger, or Calzone</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Feb. 26</p> <p>Breakfast Fruit Frudel or Peanut Butter Graham Wafer</p> <p>Lunch Trix Yogurt Bowl, Chicken Nuggets, or Deli Ham Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Feb. 27</p> <p>Breakfast Pancake on a Stick or Malto Meal Cereal Variety</p> <p>Lunch Chicken Bacon Wrap, Cheesy Breadstick, or Corn dog</p> <p>Minestrone Soup</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Feb. 28</p> <p>Breakfast Breakfast Burrito or Fruit Muffin</p> <p>Lunch Cheese Enchiladas, Chicken Sandwich, or Deli Turkey Sub</p> <p>Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Malto Meal Cereals May Include: Honey Scooters, Honey Graham Squares, Raisin Bran, Frosted Shredded Wheat, or Marshmallow Matesy.</p> <p>"This institution is an equal opportunity provider."</p>