


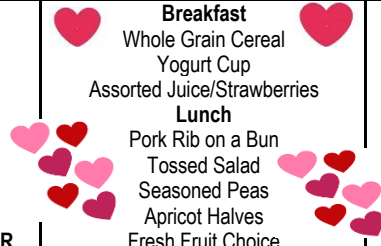




February 2017 Herington Unified School District Menus

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Bagels w/Cream Cheese Assorted Juice Orange Half Lunch Taco Burger on a Bun/Tomato Salsa Tortilla Chips (6-12) Dark Green Leaf Lettuce Tomato Slice/Refried Beans Fresh Banana/Canned Fruit Choice	 2 Breakfast WG Cinnamon Roll Mini Cantaloupe Melon Tropical Fruit Lunch Macaroni & Cheese Little Smokies Garden Salad/Red Bell Pepper Strips Fresh Apple/Canned Fruit Choice Chocolate Chip Cookie	3 Breakfast WG Pancakes & Syrup Sausage Links Assorted Juice/Sliced Peaches Lunch Breaded Chicken Patty Whole Wheat Roll & Honey Mashed Potatoes & Gravy Steamed Asparagus Sliced Pears/Fresh Fruit Choice
		6 Breakfast Whole Grain Cereal Hard Boiled Egg Assorted Juice/Mandarin Oranges Lunch Sweet and Sour Chicken Nuggets Seasoned Brown Rice Asian Vegetables Cherry Tomatoes/Celery Sticks Tropical Fruit/Fresh Fruit Choice	7 Breakfast WG Banana Bread Slice Kiwi Pineapple Chunks Lunch Super Nachos, (Tortilla Chips Taco Meat, Cheese Sauce) Refried Beans/Baby Carrots Mixed Fruit Cup Canned Fruit Choice	8 Breakfast WG Egg Sausage & Cheese Sliders Assorted Juice Sliced Peaches Lunch Cheese Breadsticks w/Marinara Sauce Seasoned Corn Tossed Salad Fresh Kiwi/Canned Fruit Choice
13 NO SCHOOL  NATIONAL CLEAN OUT YOUR COMPUTER DAY!	14  Breakfast Whole Grain Cereal Yogurt Cup Assorted Juice/Strawberries Lunch Pork Rib on a Bun Tossed Salad Seasoned Peas Apricot Halves Fresh Fruit Choice	15 Breakfast WG French Toast Sticks Pineapple Tidbits Fresh Grapes Lunch Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fresh Clementine/Canned Fruit Choice	16 Breakfast Sausage Gravy over WG Biscuit Assorted Juice Sliced Peaches Lunch Popcorn Chicken Mashed Potatoes Green Beans Fresh Grapes Canned Fruit Choice Blueberry Oat Muffin (6-12)	17 Breakfast WG Mini Donuts Assorted Juice/Sliced Peaches Citrus Salad Lunch Oven Baked Chicken Savory Rice Oatmeal Roll & Jelly Fresh Broccoli/Cherry Tomatoes Half an Apple Canned Fruit Choice
20 Breakfast Whole Grain Cereal String Cheese Assorted Juice/Applesauce Lunch Beef & Bean Burrito Tomato Salsa/ Tortilla Chips (9-12) Romaine Lettuce/Diced Tomatoes Mexican Corn Fresh Banana/Canned Fruit Choice	 21 Breakfast WG Breakfast Pizza Apricot Halves Craisins Lunch Crisпитos w/Cheese Sauce Garden Salad Romaine Lettuce/Diced Tomatoes Diced Peaches Fresh Fruit Choice	 22 Breakfast Bagels w/Cream Cheese Assorted Juice Orange Half Lunch Grilled Chicken Sandwich Seasoned Peas/Fresh Baby Carrots Strawberries & Pineapple Tidbits Canned Fruit Choice Royal Brownie (9-12)	23 Breakfast WG Cinnamon Roll Mini Cantaloupe Melon Tropical Fruit Lunch Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Sliced Pears/Canned Fruit Choice	24 Breakfast WG Pancakes & Syrup Sausage Links Assorted Juice/Sliced Peaches Lunch Country Style Beef Patty Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Applesauce/Canned Fruit Choice
27 Breakfast Whole Grain Cereal Hard Boiled Egg Assorted Juice/Mandarin Oranges Lunch Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail/Canned Fruit Choice	28 Breakfast WG Banana Bread Slice Kiwi Pineapple Chunks Lunch Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Canned Fruit Choice	<p>*This Institution is an Equal Opportunity Provider. **Milk Variety Served with all Meals. ***Menu Subject to change due to Item Availability. ****Two (2) Fruits & Two (2) Vegetables Choices Offered Daily. *****Salad Bar Option Available for Grades 8 through 12</p>		

