






# FEBRUARY 2019

	<p>FARM-2-SCHOOL HARVEST OF</p>  <p>THE MONTH FROZEN BERRIES</p>		<p><i>*Our menu follows the USDA guidelines* Program benefits and services are available to all children without regard to race, color, sex, handicap, age or national origin</i></p>	<p>1 Cereal, Toast Juice/Fruit ***** <b>new</b> Southwest salad Corn salad Baby carrots Strawberry/blueberry cup</p>
<p>4 Cereal, Cinnamon roll, Juice/Fruit ***** Chicken on a bun Tater puffs Green beans Mixed fruit</p>	<p>5 Pancake on a stick Syrup, Juice/Fruit ***** Soup of the day Cheesy bread Fresh cauliflower Pears</p>	<p>6 Cereal, Toast Juice/Fruit ***** Nachos Salsa Broccoli Santa fe beans Strawberries</p>	<p>7 Cougar muffin Juice/Fruit ***** Pepperoni pizza Salad Fresh broccoli Peaches</p>	<p>8 Cereal, Toast Juice/Fruit ***** Toasty ham &amp; cheese hoagie, cucumber slices, baby carrots Grapes Sorbet</p>
<p>11 Cereal, Granola bar Juice/Fruit ***** Quesadilla Spanish rice Corn Mixed fruit</p>	<p>12 Yogurt, muffin Juice/Fruit ***** Chili Cornbread muffin <b>new</b> Skagit Sunshine Salad Apple</p>	<p>13 Cereal, Toast Juice/Fruit ***** Beef dippers Rice Stir fry vegetables Egg roll Peaches</p>	<p>14 <b>Valentine's Day</b> Cougar muffin Juice/Fruit ***** Cheese pizza Salad Fruited Jello Kiwi Cookie</p>	<p>15 <b>NO SCHOOL</b></p> 
<p>18 <b>NO SCHOOL</b></p> 	<p>19 Cereal, Toast Juice/Fruit ***** Sliders Calico fries BBQ beans Pears</p>	<p>20 Cereal, Toast Juice/Fruit ***** <b>new</b> Chalupas Seasoned pork served over tortilla chips, corn cinnamon roll Berries</p>	<p>21 Cougar muffin Juice/Fruit ***** Pepperoni pizza Salad Fresh broccoli Fruit cup</p>	<p>22 Cereal, Toast Juice/Fruit ***** Caesar salad Baby carrots Cherry tomatoes Buttered roll Grapes</p>
<p>25 Cereal, Honey bun Juice/Fruit ***** Chicken nuggets Rice Green beans Buttered roll Peaches</p>	<p>26 Sausage &amp; cheese muffin, Juice/Fruit ***** Hot dog Calico fries BBQ beans Apple</p>	<p>27 Cereal, Toast Juice/Fruit ***** <b>new</b> Chicken Alfredo Steamed broccoli Breadstick <b>Raspberry shortcake</b></p>	<p>28 Cougar muffin Juice/Fruit ***** Cheese pizza Salad Fresh broccoli Fruited Jello Kiwi</p>	<p>Breakfast: (includes milk &amp; juice) \$1.65 Lunch: (includes milk) <i>Chocolate milk on Wednesdays</i> Grades K-5: \$2.85 Grades 6-8: \$ 3.10, Milk .50</p>