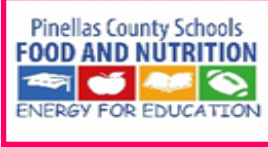


February

HS to K-12 Satellite Lunch Menu



Fun Fact!

February 2nd is Groundhog Day!






It's also known as a woodchuck, whistle pig or marmot.

If the groundhog comes out of his burrow and sees his shadow, he will turn around and go back in.

There will be six more weeks of winter!

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
30 Hamburger on a Bun or Cheeseburger on a Bun Tater Tots Fresh Veggie Dippers Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	31 BBQ Pork & Cheese Nachos Broccoli Florets Romaine Side Salad Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	1 Pasta w/ Meat Sauce Green Beans Sliced Cucumbers 100% Fruit Juice 1% Low-Fat Milk or Fat Free Chocolate Milk	2 Mini Cheese Calzones Corn Niblets Marinara Sauce Cup Fresh Veggie Dippers Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	3 Corn Dog or Hot Dog on a Bun Country Baked Beans Romaine Side Salad Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk
6 Popcorn Chicken Corn Niblets Fresh Veggie Dippers Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	7 Beef or Pork Tacos w/ Tortillas or Chips Refried Fiesta Beans Romaine Side Salad Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	8 BBQ Pork Sandwich Crinkle Crispy Fries Sliced Cucumber Dippers 100% Fruit Juice 1% Low-Fat Milk or Fat Free Chocolate Milk	9 Breaded Chicken Sandwich Sweet Potato Fries Fresh Veggie Dippers Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	10 Cheezy Bread Broccoli Florets Marinara Sauce Cup Romaine Side Salad Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk
13 Hamburger on a Bun or Cheeseburger on a Bun Tater Tots Fresh Veggie Dippers Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	14 BBQ Pork & Cheese Nachos Broccoli Florets Romaine Side Salad Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	15 Pasta w/ Meat Sauce Green Beans Sliced Cucumbers 100% Fruit Juice 1% Low-Fat Milk or Fat Free Chocolate Milk	16 Mini Cheese Calzones Corn Niblets Marinara Sauce Cup Fresh Veggie Dippers Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	17 Corn Dog or Hot Dog on a Bun Country Baked Beans Romaine Side Salad Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk
20 No School for Students! 	21 Beef or Pork Tacos w/ Tortillas or Chips Refried Fiesta Beans Romaine Side Salad Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	22 BBQ Pork Sandwich Crinkle Crispy Fries Sliced Cucumber Dippers 100% Fruit Juice 1% Low-Fat Milk or Fat Free Chocolate Milk	23 Breaded Chicken Sandwich Sweet Potato Fries Fresh Veggie Dippers Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	24 Cheezy Bread Broccoli Florets Marinara Sauce Cup Romaine Side Salad Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk
27 Hamburger on a Bun or Cheeseburger on a Bun Tater Tots Fresh Veggie Dippers Cupped Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	28 BBQ Pork & Cheese Nachos Broccoli Florets Romaine Side Salad Fresh Fruit 1% Low-Fat Milk or Fat Free Chocolate Milk	 Avocado <ul style="list-style-type: none"> ▶ Are a good source of fiber ▶ Have 20 vitamins & minerals ▶ More potassium than bananas 		<p>Please Note: The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary. We apologize for any inconveniences.</p>