

FEBRUARY 2019

SPENCER-VAN ETTEN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

1
CHEESE PIZZA
STEAMED BROCCOLI
FIELD GREENS
RANCH DRESSING
MIXED BERRY CUPS

4
CHICKEN PATTY SERVED ON A WHOLE WHEAT ROLL
LETTUCE TOMATO
MAYONNAISE AVAILABLE
FRENCH FRIES
STEAMED BROCCOLI

5
IN OUR WOK
STIR FRIED CHICKEN AND BROCCOLI
EGG ROLLS
EGG DROP SOUP
WHITE RICE
FORTUNE COOKIE

6
BRUNCH LUNCH
SCRAMBLED EGGS
FRENCH TOAST STICKS
HOME FRIES
SAUSAGE LINKS
MAPLE FLAVORED SYRUP

7
TURKEY SUBS
SLICED TURKEY BREAST ON A ROLL
CHOICE OF LETTUCE, TOMATO, CHEESE
CONDIMENTS
FRESH FRUIT SELECTION

8
HOMEMADE MACARONI AND CHEESE
STEAMED GREEN PEAS
FRESHLY BAKED OATMEAL BREAD
DICED PEACHES IN INDIVIDUAL CUPS

11
CHICKEN NOODLE CASSEROLE
DICED WHITE MEAT IN A CREAMY WHITE SAUCE
EGG NOODLES
GREEN BEANS
WHEAT DINNER ROLL

12
TACO TUESDAY
CRISPY CORN SHELL
SEASONED CHICKEN MEAT
LETTUCE
TOMATO
SOUR CREAM
MEXICAN BEANS
SEASONED CORN

13
HOT TURKEY SANDWICH SERVED OPEN FACE
1 SLICE OF BREAD
MASHED POTATOS
GRAVY
SEASONED GREEN BEANS

14
VALENTINE'S DAY
GREEK BAKED LEMON
SEASONED WITH FRESH LEMON AND OREGANO
BAKED POTATO TOPPING BAR
SOUR CREAM BACON BITS
FRESH CHIVES
ICE CREAM CUPS

15
PIZZA DUNKERS
MARINARA SAUCE FOR DIPPING
FRESH SAUTE ZUCCHINI IN OLIVE OIL AND GARLIC
APPLE SAUCE CUPS

18
WINTER RECESS

19
MID WINTER RECESS

20
MID WINTER RECESS

21
MID WINTER RECESS

22
MID WINTER RECESS

25
GRILLED CHEESE SANDWICH
ON WHEAT BREAD
CAMPBELLS TOMATO SOUP
DILL PICKLES
FIELD GREENS
ITALIAN DRESSING

26
CREAMED CHICKEN BREAST MEAT AND GRAVY
SERVED OVER STEAMED RICE
PETITE GREEN PEAS
HOME MADE OAT BRAN BREAD MADE IN OUR OVENS

27
BRUNCH LUNCH
SCRAMBLED EGGS
FRENCH TOAST
WAFFLES
HOMEFRIES
SAUSAGE
MAPLE FLAVORED SYRUP

28
PASTA AND MEAT SAUCE
FRESHLY GROUND TURKEY MEAT IN A TOMATO BASED SAUCE, GREEN BEANS
GARLIC WEDGE
FIELD GREENS
RANCH DRESSING

A La Carte

- PB & JELLY
- FRESH SIDE SALADS
- VARIETY OF CONDIMENTS
- FRESH FRUIT SELECTIONS
- CANNED FRUIT IN EXTRA LITE SYRUP
- 100% WHOLE GRAIN ENRICHED BREAD AND ROLLS
- 100% FRUIT JUICE
- TUES/THUR ELEM&MIDDLE 1% & FAT FREE CHOC MILK
- SALAD BAR EVERY DAY AT HIGH SCHOOL
- BREAKFAST \$1.35
- LUNCH ELEM \$2.40
- MS/HS \$2.65
- REDUCED \$.25
- ADULTS \$4.50

School News

BREAKFAST MENU:
MON: Breakfast sandwich
TUE: Pancake on a stick
WED: French toast/sausage
THUR: Breakfast Pizza
Fri: Bagels & cream cheese
 Cold cereal available every day, granola bars, graham crackers
 Menu subject to change without notice
 Jerry Carr Food Service
 Director High school
 589-7150