



Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Scrambled Eggs & Ham or Breakfast Combo bar or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Breakfast Tots Fruit & Veggie Bar & Milk Waffle Stix or Cereal	2 Mac & Cheese (v) or Rib-B-Q on Bun or Bagel & Cream Cheese (v) or Chili & Cheese Baked Chips Fruit & Veggie Bar & Milk Cook's Choice or Cereal	3 PIZZA! Pepperoni or Cheese (v) or Bagel & Cream Cheese (v) or Ivar's Clam Chowder Frozen Fruit Bar! Fruit & Veggie Bar & Milk French Toast or Cereal	
		6 Golden Corn Dog or Chef's Salad or Bagel & Cream Cheese (v) or Cream of Broccoli Soup Fruit Cup Mix Fruit & Veggie Bar & Milk Pancakes or Cereal	7 Chicken Patty on Bun or Chicken Nuggets or Bagel & Cream Cheese (v) or Chicken Noodle Soup Seasoned Potato Wedges Fruit & Veggie Bar & Milk Combo Bar or Cereal	8 Cinnamon Texas Toast (v) or Pancakes (v) or Bagel & Cream Cheese (v) or Wild Rice & Chicken Soup Bacon Fruit & Veggie Bar & Milk Fruit Muffin or Cereal	9 Turkey Day! Turkey Gravy & Mashers or Chef's Salad or Bagel & Cream Cheese (v) or Chili & Cheese Green Beans Fruit & Veggie Bar & Milk Cook's Choice or Cereal
13 EAT YOUR BOWL DAY! Chili Edible Bowl or Tostada Salad in Tortilla Shell or Bagel & Cream Cheese (v) or Tomato Soup Brown Rice & Fortune Cookie Fruit & Veggie Bar & Milk Yogurt Smoothie or Cereal		14 Valentine's Day Cheeseburger or Turkey Hoagie or Bagel & Cream Cheese (v) or Chicken Noodle Soup Valentine Cookie Fruit & Veggie Bar & Milk Waffle Stix or Cereal	15 Waffle Sticks (v) or Breakfast Combo Bar or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Sausage Link Fruit & Veggie Bar & Milk French Toast or Cereal	16 Roast Beef Dip Ajus or Rib-B-Q on Bun or Bagel & Cream Cheese (v) or Chili & Cheese Tater Tots Fruit & Veggie Bar & Milk Cook's Choice or Cereal	17 PIZZA! Pepperoni or Cheese (v) or Bagel & Cream Cheese (v) or Ivar's Clam Chowder Frozen Fruit Bar! Fruit & Veggie Bar & Milk Cook's Choice or Cereal
20 		21-24 MID-WINTER BREAK			

27 Chicken Nuggets or Smucker's PB & J (v) or Bagel & Cream Cheese (v) or Cream of Broccoli Soup Seasoned Potato Wedges Fruit & Veggie Bar & Milk Yogurt Smoothie or Cereal	28 Meatloaf & Gravy & Mashers or Caesar Salad w/Chicken or Bagel & Cream Cheese (v) or Cream of Broccoli Soup Peas & Corn Fruit & Veggie Bar & Milk French Toast or Cereal	29 it's a LEAP YEAR! Cinnamon Texas Toast (v) or Pancakes (v) or Bagel & Cream Cheese (v) or Wild Rice & Chicken Soup Sausage Patty Fruit & Veggie Bar & Milk Fruit Muffin or Cereal
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SIMPLY GOOD



CROSSWORD
Words with connection to dairy.

FILL IN THE BLANK

Top your daily cup of _____ with a quarter-cup of _____, a handful of nuts, and some frozen _____ or dried _____ for a quick, delicious and sustaining _____. Creamy yogurt, _____, and freshly ground sea salt and _____ make a great topping for baked _____, yams or other cooked _____.

- breakfast
- potatoes
- yogurt
- fruit
- vegetables
- granola
- pepper
- berries
- chives



CROSSWORD ANSWERS:
DOWN 1. bacteria, 2. protein, 4. life
ACROSS 2. parfait, 3. frozen, 6. milk

DOWN

1. Always eat yogurt with live and active _____.
2. Low-fat yogurt is an excellent source of calcium and _____.
4. Some studies show that eating yogurt daily can help you lead a longer _____.

ACROSS

2. In a glass, alternate layers of yogurt and your favorite fruits to create a beautiful _____.
3. A healthy alternative to ice cream is to eat _____ yogurt.
5. Yogurt can be made by any mammal that produces _____.



Breakfast Price:

Paid: \$1.75
*Reduced: \$00.00
Adults: \$2.25

Lunch Price:

Paid: \$3.25
*Reduced: K-3 - \$00.00
*Reduced: 4-12 - \$00.40
Adults: \$4.00



**You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at 425-831-8030*

V = Vegetarian