

MENU

Breakfast Options:
Cereal, Toast, Fruit, 100% Juice and Assorted 1% and Skim Milk offered daily.

Lunch Options:
Assorted 1% and Skim Milk offered daily.

View meal accounts or pay for meals online @ www.myschoolbucks.com

Additional breakfast and lunch items may be added to the menu.
Please check with your local schools for additional choices.

Elementary
Breakfast\$1.25
Lunch\$2.00

Middle & High School
Breakfast\$1.25
Lunch\$2.25

Monday

1 Breakfast
Pillsbury Mini Pancakes, String Cheese & Orange Wedges

Lunch
Grilled Chicken Sandwich w/ Zesty Ranch Sauce
Or Oven Baked Lasagna w/ French Bread / Sweet Potato Wedges
Caesar Salad / Pineapple Tidbits



8 Breakfast
Sausage Biscuit & Chilled Fruit

Lunch
Chicken Nuggets w/ Dipping Sauces & Roll
Or Fish Sandwich
Mashed Potatoes
Green Beans
Peach Slices



Tuesday

2 Breakfast
Chicken Biscuit, Spiced Oatmeal and Chilled Fruit

Lunch
Pizza Or Country Fried Steak & Gravy w/ Roll
Mashed Potatoes / Green Beans
Chilled Fruit
Cookie



Wednesday

3 Breakfast
Sausage Gravy Biscuit & Banana

Lunch
Chicken Nuggets w/ Roll Or BBQ Pork Nachos w/ Rice
Pinto Beans
Creamy Cole Slaw
Chilled Fruit



10 Breakfast
French Toast Sticks, Sausage Link & Chilled Fruit

Lunch
Crispy Chicken Sandwich Or BBQ Sandwich
Doritos / Baked Beans
Sweet Potato Halves
Pineapple Chunks



Thursday

4 Breakfast
Muffin, Cheesy Grits & Sliced Peaches

Lunch
Cheeseburger w/ Fixings Or Soy Butter and Jelly Sandwich w/ String Cheese / Doritos, Baked Beans
Baby Carrots w/ Ranch Dip
Fresh Fruit



11 Breakfast
Breakfast Pizza & Sliced Peaches

Lunch
Cheeseburger w/ Fixings Or Lemon Baked Tilapia w/ Roll
Potato Wedges / Steamed Carrots
Pear Slices
Valentine Cake



Friday

5 Breakfast
Pig in a Blanket, Spiced Oatmeal & Chilled Fruit
SUPER BOWL CELEBRATION!
Super Chicken Sandwich
Touchdown Taco Soup w/ Coin Toss Cornbread
Linebacker Lima Beans
Goal Post Garden Salad
Football Fruit



12 Breakfast
Southern Biscuit, Jelly, Cheesy Grits & Chilled Fruit

Lunch
Homemade Chili w/ Crispito Or Grilled Cheese
Steamed Broccoli
Garden Salad
Chilled Fruit



15 President's Day

No School



16 Breakfast
Brown Sugar Cinnamon Pop Tart, String Cheese & Chilled Fruit

Lunch
Taco Salad w/ Lettuce/Tomato/Salsa Or Corn Dog
Refried Beans / Whole Kernel Corn
Chilled Fruit



17 Breakfast
Sausage Gravy Biscuit & Chilled Fruit

Lunch
Crispy Chicken Sandwich Or Spaghetti w/ French Bread
Green Beans / Garden Salad
Fruit Cocktail
Apple Crisp



18 Breakfast
Pillsbury Mini Bagels & Banana

Lunch
Cheeseburger w/ Fixings Or Grilled Chicken Club Sandwich
Cheetos / Black Eyed Peas
Glazed Carrots
Sliced Pears



19 Breakfast
Waffle Sticks, Sausage Link & Pineapple Tidbits

Lunch
Italian Dunkers w/ Marinara Sauce Or Chicken Supreme over Rice
Roasted Vegetables
Garden Salad / Chilled Fruit



22 Breakfast
Glazed Cinnamon Sugar Biscuit, Spiced Oatmeal & Chilled Fruit

Lunch
Chicken Nuggets w/ Roll Or Meatball Sub Sandwich
Potato Wedges / Green Beans
Fresh Baby Carrots w/ Ranch Dip
Chilled Fruit



23 Breakfast
Sausage Griddle Sandwich, Syrup & Orange Wedges

Lunch
Fish Nuggets w/ Hush Puppies Or BBQ Sandwich
Baked Beans / Steamed Broccoli
Creamy Cole Slaw
Sliced Peaches

24 Breakfast
Yogurt Parfait Bar w/ Granola & Chilled Fruit

Lunch
Pizza Or Chicken Teriyaki w/ Fried Rice
Oriental Vegetables
Garden Salad
Mandarin Oranges / Brownie Pudding



25 Breakfast
Ham & Cheese Croissant, Hash Browns & Applesauce

Lunch
Soft Taco Bar (Cheese, Chicken, or Pork) w/ Cilantro Lime Sauce & Taco Toppings
Whole Kernel Corn / Black Beans
Orange Wedges

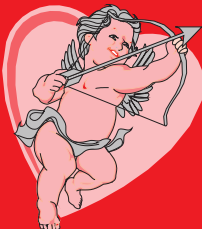


26 Breakfast
Breakfast Pizza & Chilled Fruit

Lunch
Chili Dog
Vegetable Soup w/ Grilled Cheese
Cheetos
Green Beans
Garden Salad / Chilled Fruit

29 Breakfast
Pillsbury Mini Pancakes, String Cheese & Orange Wedges

Lunch
Grilled Chicken Sandwich w/ Zesty Ranch Sauce
Or Oven Baked Lasagna w/ French Bread
Sweet Potato Wedges / Caesar Salad
Pineapple Tidbits



February 2016

Menus are subject to change

Want to Receive Menus and CNP Updates?
Join the CNP LISTSERV at
<http://listsrv.shelbyed.k12.al.us/mailman/listinfo/cnp>
Reviewed and Analyzed by
Registered and Licensed Dietitian



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