

FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



Special Announcements

MENU IS SUBJECT TO CHANGE AT ANY TIME AS NEEDED!

BREAKFAST MENU



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast Week is next Month!

6 PANCAKE WRAP, YOGURT, GRAPES, JUICE, MILK

7 CHICKEN-N-BISCUIT, PEARS, JUICE, MILK

8 FRENCH TOAST, SAUSAGE, MANDARIN ORANGE, JUICE, MILK

9 BREAKFAST PIZZA, APPLE SLICES, JUICE, MILK

10 DUTCH WAFFLE, BACON, BANANAS, JUICE, MILK

13 PANCAKES, SAUSAGE, PEACHES, JUICE, MILK

14 BREAKFAST PIZZA, MIXED FRUIT, JUICE, MILK

15 BISCUIT, SCRAMBLED EGGS, SAUSAGE, MANDARIN ORANGES, JUICE, MILK

16 SAUSAGE KOLACHE AND YOGURT, BANANAS, JUICE, MILK

17 EGG AND CHEESE SANDWICH, APPLE SLICES, JUICE, MILK

VALENTINES DAY

20 NO SCHOOL TEACHER WORK DAY

21 WAFFLES, BACON, MIXED FRUIT, JUICE, MILK

22 BISCUIT AND GRAVY, SCRAMBLED EGGS, HAM, MIXED FRUIT, JUICE, MILK

23 CINNAMON ROLL, SAUSAGE, APPLE SLICES, JUICE, MILK

24 BREAKFAST BURRITO, HASH BROWNS, BANANAS, JUICE, MILK

27 SAUSAGE BISCUIT, PEACHES, JUICE, MILK

28 PITA POCKET BREAKFAST, MIXED FRUIT, JUICE, MILK

Good Eats At:

SHAMROCK ISD

FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



Special Announcements

MENU IS SUBJECT TO CHANGE AT ANY TIME NEEDED!!

HIGH SCHOOL IS OFFERED JUICE AND FRESH FRUIT WITH LUNCH EVERYDAY!



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast Week is next Month!

6 Ravioli W/ Meat Sauce, Tuscan Vegetables, Sliced Apples, Milk

7 Pizza, Baby Carrots W/Ranch, Broccoli, Pineapple, Sugar Cookie, Milk

1 Chicken Sandwich, Fries, Veggie Cup W/Ranch, Garnish, Mandarin Oranges, Milk

8 Tex-Mex Stack, Spanish Rice, Garnish, Refried Beans, Salsa, Tomato Cup W/Ranch, Cinnamon Apples, Milk

2 Salisbury Steak, Biscuit, Brown Gravy, Potatoes, Salad, Fruity Gelatin, Milk

9 Hamburger or Cheeseburger, Fries, Veggie Cup W/ Ranch, Orange Smiles, Milk

3 Hot Dog, Corn Chips, Carrots W/ Ranch, Crunchy Broccoli Salad, Grapes, Cookie, Milk

10 Chicken Parmesan, Salad, Breadsticks, Green Beans, Apple Slices, Milk

13 Steak Fingers, Gravy, Roll, Mashed Potatoes, Carrot Coins, Strawberries & Bananas, Milk

14 French Bread Pizza, Salad, California Blend Vegetables, Peaches, Pudding, Milk

15 Chicken Quesadilla, Corn, Charro beans, Salsa, Garnish, Cinnamon Applesauce, Milk

16 Texas Chili, Cornbread, Broccoli Bites W/Ranch, Tiny Tomato Cup W/Ranch Orange Smiles, Milk

17 Popcorn Chicken, Roll, Fries, Cucumber Dippers W/Ranch, Grapes, Cookie, Milk

20 No School
Teacher Work Day

21 Hot Turkey Breast Sandwich, Tomato-Cucumber Cup W/Ranch, Salad, Snowball Salad, Milk

22 Texas Basket, Carrot Coins, Apple Slices, Cookie, Milk

23 BBQ on a Bun, Coleslaw, Pinto Beans, Orange Smiles, Milk

24 Irish Chicken Bowl, Gravy, Roll, Green Beans, Apple-Pineapple D'Lite, Milk

27 Enchiladas, Spanish Rice, Charro Beans, Salad, Hot Cinnamon Apples, Milk

28 Chili Cheese Combo, Veggie Cup W/ Ranch, Fresh Fruit, Pudding, Milk

Good Eats At:

SHAMROCK ISD