

Menus

School: Livingston County R-3

Academic Year: 2017-18

Meal: All

Month: February 2018

February				
M	Tu	W	Th	F
29 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	30 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Whole grain pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	31 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	1 Breakfast: Scrambled eggs, whole wheat toast, fruit, juice, milk Lunch: Mac & cheese, carrots, cole slaw, whole wheat bread & butter, fruit, milk	2 Breakfast: Breakfast bites, reduced calorie syrup, fruit, juice, milk Lunch: Taco soup, corn chips, celery sticks, fruit, milk
5 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, potato wedges, whole kernel corn, fruit, milk	6 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes, carrots, whole wheat bread & butter, fruit, milk	7 Breakfast: Whole grain cereal bar, gogurt, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, broccoli, whole wheat bread & butter, fruit, milk	8 Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk Lunch: Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, milk	9 Breakfast: Cheese omelet, whole wheat toast, fruit, juice, milk Lunch: Walking tacos w/shredded cheese, shredded lettuce, refried beans, fruit, milk
12 Breakfast: Whole grain breakfast bites, reduced calorie syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, carrots, whole wheat bread & butter, fruit, milk	13 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, milk	14 Breakfast: Whole grain breakfast pizza, fruit, juice, milk Lunch: Whole grain corndog, mashed potatoes, broccoli, fruit, milk	15 Breakfast: Whole grain biscuit, sausage gravy, fruit, juice, milk Lunch: Chicken & cheese burrito, refried beans, whole kernel corn, fruit, milk	16 Breakfast: Whole grain French toast, reduced calorie syrup, fruit, juice, milk Lunch: Vegetable beef soup, PBJ Jamwich, celery sticks, whole grain crackers, fruit, milk
19 Breakfast: Poptart, gogurt, fruit, juice, milk Lunch: BBQ Pork Ribette, au gratin potatoes, whole kernel corn, whole wheat bread & butter, mixed fruit, milk	20 Breakfast: Whole grain biscuit, whole grain breakfast chicken patty, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	21 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	22 Breakfast: Scrambled eggs, whole wheat toast, fruit, juice, milk Lunch: Chicken noodle soup, grilled cheese, raw baby carrots, celery sticks, whole grain crackers, fruit, milk	23 Breakfast: Whole grain pancakes, reduced syrup, fruit, juice, milk Lunch: Hot dog on whole wheat bun, potato wedges, baked beans, fruit, milk
26 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	27 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, whole kernel corn, whole wheat bread & butter, fruit, milk	28 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Mac & cheese, cole slaw, carrots, whole wheat bread & butter, fruit, milk	1 Breakfast: Cheese omelet, whole wheat toast, fruit, juice, milk Lunch: Taco soup, corn chips, celery sticks, fruit, milk	2 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Sloppy Joe on whole wheat bun, potato wedges, green beans, fruit, milk

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (566) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.