



Kegonsa Elementary Lunch Menu

February
2020

Fruit and Vegetable choices offered daily
on the Fresh Fruit & Vegetable Bar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Max Stix Marinara Sauce Corn The "Mac" Flatbread Corn Ham Deli Sub Sandwich Fruit and Vegetable Bar	4 Ham & Tator Tot Breakfast Bake Cinnamon Roll Yogurt Pak with Bagel Turkey BLT Salad Fruit and Vegetable Bar	5 Crispy Chicken Nugget Basket Tri Tater Crispy Fish Nugget Basket Tri Tater Honey Mustard Ham Wrap Whole Grain Dinner Roll Fruit and Vegetable Bar	6 Soft Beef Tacos Lettuce, Tomato and Cheese Black Beans Cheese Quesadilla Black Beans Chicken Caesar Salad Fruit and Vegetable Bar	7 Pasta with Meat Sauce Garlic Toast Garden Green Beans Italian Sub Green Beans Yogurt Pak with Bagel Chocolate Chip Cookie Fruit and Vegetable Bar
10 Roasted Hot Dog Potato Smiles Cheeseburger on Bun Potato Smiles Chef Salad Fruit and Vegetable Bar	11 Mini Corn Dogs Macaroni & Cheese Roasted Broccoli Sloppy Joe on a Bun Roasted Broccoli Crispy Chicken Wrap Fruit and Vegetable Bar	12 Homemade Salisbury Steak Mashed Potatoes Crispy Chicken Nuggets Mashed Potatoes Yogurt Pak with Bagel Whole Grain Dinner Roll Fruit and Vegetable Bar	13 All American Burger Kettle Potato Chips Crispy Chicken Sandwich Kettle Potato Chips Chicken Caesar Salad Fruit and Vegetable Bar	14 Valentine's Day Lovely Cheese Pizza Cupid Corn Precious Pepperoni Pizza Cupid Corn Tender Turkey BLT Wrap Cupid Corn Pink Sherbet Cup Fruit and Vegetable Bar
17 Kindness Week Pancakes Scrambled Egg Breakfast Potatoes BBQ Pulled Pork Sandwich Breakfast Potatoes Pretzel Bites w/Cheese Cubes Fruit and Vegetable Bar	18 Roast Turkey & Gravy Brown Rice Meatballs and Gravy Brown Rice Crispy Chicken Salad Soft Pan Roll Fruit and Vegetable Bar	19 Toasted Cheese Sandwich Homemade Tomato Soup Hot Ham & Cheese Flatbread Homemade Tomato Soup Turkey Deli Sub Sandwich Fruit and Vegetable Bar	20 Early Release Bag Lunch Today Turkey Deli Sub Sandwich Fresh Apple Baby Carrots Mini Crispy Treat Milk	21 No School Today!
24 French Toast Sticks Sausage Patty Breakfast Potatoes Mini Corn Dogs Breakfast Potatoes Chef Salad Fruit and Vegetable Bar	25 BBQ Meatball Sub Baked Beans Crispy Chicken Sub Baked Beans Turkey BLT Wrap Birthday Brownie Fruit and Vegetable Bar	26 Breakfast for Lunch! Ham, Egg & Cheese on Bagel Tri Tater Yogurt Pak with Pretzel Bites Tri Tater Crispy Chicken Salad Fruit and Vegetable Bar	27 Beefy Nachos w/Cheese Sauce Mexican Brown Rice Chicken Fajitas Mexican Brown Rice WG Chips, Salsa & Cheese Cubes Fruit and Vegetable Bar	28 Pepperoni Pizza Caesar Salad Cheese Pizza Caesar Side Salad Turkey Deli Sandwich Fruit and Vegetable Bar
Eat your Veggies! March is National Nutritional Month!	Whats your favorite Fruit?	Whats your favorite Lunch?		 <p>Choose MyPlate.gov</p>

INFORMATION

Paid Lunch	\$2.70
Reduced Lunch	\$.40
Adult Lunch	\$4.00
Extra Milk	\$.40

EXTRA INFO

Milk choice of 1% white, skim or chocolate
skim is included with a lunch.

 Entrée Salads are served with a roll.

 For questions please contact the
 Food Service office at: 608-877-5419.

HARVEST OF



THE MONTH

Your **MENUS** plus more
 information on our app
Taher Food4Life®



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