

Meal Prices: Milk: \$0.55
 Elementary: B'fast \$1.60, Lunch \$2.70
 Secondary: B'fast \$1.75, Lunch \$2.85
 Adult: Breakfast \$2.75, Lunch \$4.00

February

Shakopee Nutrition Services is located at
 1200 Town Square, Shakopee, 55379
 Hours: 7:00 am – 3: pm
 Deb- 496-5140 or Carol 496-5141

Monday	Tuesday	Wednesday	Thursday	Friday
3. CYCLE DAY 1 Corn Dog (T) Potato Smiles Glazed Carrots Fruit BREAKFAST Cereal or Breakfast Bread, Juice, Yogurt, Fruit 	4. CYCLE DAY 2 Chicken Patty on Bun Gen 7 French Fries Prince Edward Vegetable Blend Fruit BREAKFAST Cereal or Scrambled Eggs w/ Cheese, Sausage (T), Toast, Juice	5. CYCLDE DAY 3 Taco in a Bag (B) Fixings Corn and Black Beans Fruit BREAKFAST Cereal or Pancakes, Yogurt, Juice, Fruit 	6. CYCLE DAY 4 Orange Chicken Fried Rice and Egg roll Roasted Broccoli Fruit BREAKFAST Cereal or Funnel Cake, HB Egg, Juice, Fruit	7. CYCLE DAY 5 Cheese Pizza (NM) Assorted Fresh Veggies Fruit Jonny Pop BREAKFAST Cereal or Cinnamon Roll Yogurt, Juice, Fruit
10. CYCLE DAY 6 Spaghetti (B) Caesar Salad Garlic Bread Fruit BREAKFAST Cereal or Breakfast Donut HB Egg, Juice, Fruit	11. CYCLE DAY 7 Beef Hot Dog on Bun (B) Fritos Baked Beans and Baby Carrots Fruit BREAKFAST Cereal or French Toast Bacon (T), Juice, Fruit	12. CYCLE DAY 8 Turkey Gravy Mashed Potatoes Prince Edward Vegetable Blend Fruit and Biscuit BREAKFAST Cereal or Breakfast Pizza (T), Yogurt, Juice, Fruit	13. CYCLE DAY 9 Pulled Pork Sandwich (P) Ranch Wedge Potatoes Cole Slaw Fruit and Valentine Cookie BREAKFAST Cereal or Pancake/Wrap (P), Yogurt, Juice, Fruit	14. NO SCHOOL 
17. NO SCHOOL 	18. CYCLE DAY 10 Sloppy Joe on Bun (B) Baked Chips Assorted Fresh Veggies Fruit BREAKFAST Cereal or Scrambled Eggs w/ Cheese, Sausage (T), Toast, Juice	19. CYCLE DAY 1 Diggity Dogs (T) Tri Tators Baked Beans Fruit and Dinner Roll BREAKFAST Cereal or Pancakes, Yogurt, Juice, Fruit 	20. CYCLE DAY 2 Pasta Alfredo Chicken Strips Garlic Breadstick Caesar Salad and Fruit BREAKFAST Cereal or Funnel Cake, HB Egg, Juice, Fruit	21. CYCLE DAY 3 Wild Mike's Cheese Bites (NM) Marinara Sauce California Blend Vegetables Fruit BREAKFAST Cereal or Cinnamon Roll Yogurt, Juice, Fruit
24. CYCLE DAY 4 Mini Cheeseburgers (B) Waffle Fries Sweet Peas Fruit BREAKFAST Cereal or Breakfast Donut HB Egg, Juice, Fruit	25. CYCLE DAY 5 Nachos (B) Fixings Corn and Black Beans Fruit BREAKFAST Cereal or French Toast Bacon (T), Juice, Fruit 	26. CYCLE DAY 6 Turkey Burger on Bun Curley Fries Glazed Roasted Carrots Fruit BREAKFAST Cereal or Breakfast Pizza (T), Yogurt, Juice, Fruit	27. CYCLE DAY 7 Teriyaki Chicken Fried Rice and Egg Roll Roasted Broccoli Fruit BREAKFAST Cereal or Pancake/Wrap (P), Yogurt, Juice, Fruit	28. CYCLE DAY 8 Cheese Tortellini & Marinara (NM) Caesar Salad Cheese Stuffed Stick Fruit BREAKFAST Cereal or Cheese Omelet, Muffin, Juice, Fruit
March 2. CYCLE DAY 9 Chicken and Waffles Baby Carrots Mixmi Frozen Yogurt Fruit BREAKFAST Cereal or Breakfast Bread, Juice, Yogurt, Fruit	March 3. CYCLE DAY 10 Haystackers with Rice (B) Fixings Corn and Black Beans Fruit BREAKFAST Cereal or Scrambled Eggs w/ Cheese, Sausage (T), Toast, Juice	March 4. CYCLE DAY 1 Turkey Sub Sandwich (T) Baked Chips Cole Slaw Fruit BREAKFAST Cereal or Pancakes, Yogurt, Juice, Fruit	March 5. CD 2 Beef Chili with Beans Cinnamon Roll Assorted Fresh Veggies Fruit BREAKFAST Cereal or Funnel Cake, HB Egg, Juice, Fruit 	March 6. CYCLE DAY 3 Shrimp Poppers Cheesy Hash Browns Garden Salad Fruit and Bosco Stick BREAKFAST Cereal or Cinnamon Roll Yogurt, Juice, Fruit

P=Pork, B=Beef, NM=No Meat, T=Turkey

ALL MEALS INCLUDE MILK

MENU SUBJECT TO CHANGE DAILY

ELEMENTARY MENU

I need exercise every day- run, walk and jump!

Eat grains that are 100% whole grains!

We can't get enough vegetables.

We love fruits

Go for low fat or nonfat and we'll thank you!

Go for lean meats

GRAINS VEGETABLES FRUITS MILK MEAT & BEANS

Valentine's Day is part of Healthy Heart Month!
The food pyramid gives us lots of choices to keep our hearts healthy and HAPPY!

Copyright © Nourish Interactive, All Rights Reserved