

# February 2019

**Health • e**  
**LIVING**



## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Pancake Wrap  
~~~~~  
Cheese Burger  
Fish Nuggets  
Rotini & Cheese  
Tator Tots  
Burger Salad  
Strawberry Cup **1**

Sausage Biscuit  
~~~~~  
Chicken Nuggets  
Corn Dog  
Mashed Potatoes/Gravy  
Carrot Coins  
Whole Grain Roll  
Chilled Pears **4**

Honey Bun  
~~~~~  
Tangerine Chicken/Asian Rice  
Sausage Wrap  
Steamed Broccoli  
Mixed Vegetables  
Egg Roll/Fortune Cookie  
Strawberries & Bananas **5**

Sausage Egg Taco  
~~~~~  
Pepperoni Pizza  
Chicken Quesadilla  
Cherry Tomatoes & Cucumber/ Dip  
Seasoned Corn  
Peach Jello **6**

Bacon & Eggs / Toast  
~~~~~  
Beef Nachos w/ Cheese  
Beef & Bean Burrito  
Spanish Rice  
Pinto Beans  
Tossed Salad  
Chilled Fruit Cocktail **7**

Pancake Sausage Bites  
~~~~~  
Cheese Burger  
Chicken Burger  
Oven French Fries  
Sweet Tator Tots  
Burger Salad  
Chilled Peaches **8**

Pancake Wrap  
~~~~~  
Baked Chicken Legs  
Steak Fingers  
Mashed Potatoes/ Gravy  
Corn on Cob  
Whole Grain Biscuit  
Rosey Applesauce **11**

Cinni Minni  
~~~~~  
Mini Corn Dogs  
Turkey & Gravy Baked Potato  
Broccoli & Cheese  
Country Veggie Trio  
Whole Grain Roll  
Banana Pudding **12**

Bean & Cheese Taco  
~~~~~  
Cheese Pizza  
Steak Burger  
Fresh Veggies/Dip  
Carrot Coins  
Fresh Fruit Cup **13**

Breakfast Pizza  
~~~~~  
Cheese Burger  
Grilled Chicken Burger  
Oven French Fries  
Burger Salad  
Pear Jello **14**

**15**  
**Student Holiday**

Pig-in-a-Blanket  
~~~~~  
Chicken Tenders  
Corn Dog  
Scalloped Potatoes  
Steamed Carrots  
Whole Grain Roll  
Peach Cream Delight **18**

Eggs/Toast/Hash Brown  
~~~~~  
Chicken Alfredo  
Pepperoni Hot Pocket  
Tossed Salad / Dressing  
Steamed Broccoli  
Cheesy Garlic Bread Stick  
Chilled Fruit Cocktail **19**

Bacon & Egg Taco  
~~~~~  
Pepperoni Pizza  
Pulled Pork on Bun  
Baby Carrots/ Dip  
Seasoned Corn  
Chilled Pears **20**

Pancake w/Sausage Link  
~~~~~  
Crispy Beef Tacos  
Chicken Fajita Taco  
Spanish Rice  
Pinto Beans  
Salad w/ Cheese  
Lime Pear Jello **21**

Donut Holes  
~~~~~  
Cheese Burger  
Cheese Fish Burger  
Oven French Fries  
Burger Salad  
Apple Wedges & Caramel **22**

French Toast Sticks  
~~~~~  
Popcorn Chicken  
Steak Burger  
Mashed potatoes/Gravy  
Carrot Coins  
Whole Grain Roll  
Rosey Pears **25**

Cinnamon Oatmeal/Toast  
~~~~~  
Sub Sandwich / Cmp  
Frito Pie  
Sweet Tater Tots  
Fresh Veggies / Dip  
Chocolate Banana Pudding **26**

Smoked Sausage Egg Taco  
~~~~~  
Pepperoni Pizza  
Hot Dog  
Seasoned Corn  
Broccoli & Cheese  
Chilled Peaches **27**

Waffles  
~~~~~  
Carne Guisada  
Chicken & Cheese Crispito  
Pinto Beans & Spanish Rice  
Tossed Salad / Dressing  
Whole Grain Tortillas  
Strawberries & Bananas **28**

## Announcements



<http://www.calallen.healthliving.net>

\*\*\*NOW AVAILABLE\*\*\* Tuesday/Thursday  
Paw Pak (Pre-Packed Meal)

Protein - Turkey/Ham/Cheese  
Vegetable – Carrots/Cucumbers/Dip  
Fruit – Fresh Apple/Orange/Grapes  
Grain- Package WG Cracker  
Dairy – Choice of Milk

Join us for lunch, visitor \$ 3.50



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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## Meal Prices

**Student Breakfast**  
**\$1.50**

100% Juice/Fresh Veggies/Veggies  
Assorted WG Cereal  
Yogurt  
Milk Variety

**Student Lunch**  
**PK-5<sup>th</sup> - \$2.40**  
**6<sup>th</sup>-12<sup>th</sup> - \$2.65**

Fresh Fruits/Vegetables  
Milk Variety

Menu subject to change due to availability.