

FEBRUARY Elementary Menus



f Follow Us

Twitter: @CNSLISD
Facebook: Child Nutrition Services, Leander Independent School District



Strawberry Milk

offered daily in February! Available with your breakfast or lunch meal or ala carte for \$0.50

Try it Tuesday!

Red & White Salad Bar

Including Fresh Cut Tomatoes, Sliced Red Bell Peppers, Jicama Sticks & Cauliflower Florets

Did you know?

The heart does more physical work than any other muscle in the body. Take care of your heart by staying active, filling up on fruits and veggies, and saving salty snacks and sweets for special occasions.



SFE This institution is an equal opportunity provider.

Monday



V= Vegetarian Option (or vegetarian upon request)
GF = Naturally Gluten Free
GF* = GF Option Available Upon Request

Tuesday

Wednesday

Thursday

Friday

6 **Staff Development**

7 **Staff Development**

13 **Lunch**
Sweet & Sour Chicken
Chicken Corn Dog
Fruit & Yogurt Box V GF*
Roasted Edamame V GF
Rainbow Veggies V GF
Breakfast
Warm Oatmeal w/Strawberries V
Breakfast Pizza
Mini Blueberry Pancakes V

14 **Lunch**
Cheesy Nachos V w/Beef
Fish Nuggets
Chicken Taco Salad V GF
Charro Beans V GF
Steamed Carrots V GF
Cherry Jell-O Dessert
Breakfast
Very Berry Yogurt Parfait V GF*
Iced Cinnamon Roll V
Pancakes V & Sausage

15 **Lunch**
Country Fried Steak
Crispy Lemon Fish
Sunbutter & Jelly Sandwich V
Mashed Potatoes GF & Gravy
Steamed Green Peas V GF
Breakfast
Biscuits & Gravy w/Sausage
Breakfast Pizza
Whole Grain French Toast V

16 **Lunch**
Crispy Chicken Sandwich
Cheesy Beef Lasagna
Southwest Veggie Wrap
Steamed Broccoli Florets V GF
Sweet Potato Fries V GF
Breakfast
Egg, Sausage & Cheese English Muffin
Iced Cinnamon Roll V
Pancakes V & Sausage

17 **Lunch**
Meatball Sub
Cheese V & Pepperoni Pizza
Chopped Chef Salad GF*
Steamed Cauliflower Florets V GF
Seasoned Green Beans V GF
Breakfast
Blueberry Pancake Wrap
Breakfast Pizza
Mini Maple Pancakes V

20 **Lunch**
Chicken Nuggets
Creamy Mac & Cheese V
Tuna Salad Lunch Box V GF*
Mixed Peas & Carrots V GF
Roasted Garden Veggies V GF
Breakfast
Scrambled Eggs w/Cheese V
Breakfast Pizza
Mini Strawberry Pancakes V

21 **Lunch**
Breakfast For Lunch V GF*
Cheese & Chicken Quesadilla
Sunbutter Lunch Box V GF*
Mexicorn V GF
Charro Beans V GF
Breakfast
Colby Cheese Omelet V
Iced Cinnamon Roll V
Pancakes V & Sausage

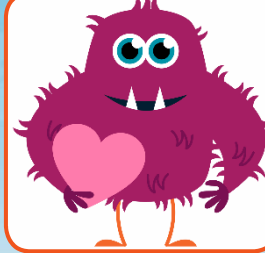
22 **Lunch**
Hamburger w/Cheese
Cheesy Breadsticks V
Turkey & Cheese Pita Pocket
Steamed Broccoli Florets V GF
Crispy Potato Wedges V GF
Breakfast
Blueberry Yogurt Parfait V GF*
Breakfast Pizza
Fluffy Waffles V

23 **Lunch**
Turkey Hot Dog
Pasta Marinara V w/Meatballs
Cold Cuts Club Sandwich
Buttery Carrots V GF
Baked Beans V GF
Breakfast
Sausage, Egg & Cheese Taco
Iced Cinnamon Roll V
Pancakes V & Sausage

24 **Lunch**
BBQ Pork Rib Sub
Cheese V & Pepperoni Pizza
Mediterranean Salad GF*
Roasted Garbanzo Beans V GF
Steamed Green Beans V GF
Breakfast
Pancake & Sausage Wrap
Breakfast Pizza
Mini Maple Pancakes V

27 **Lunch**
Crispy Chicken Tenders
Grilled Cheese Sandwich V
Chicken Garden Salad GF*
Steamed Broccoli Florets V GF
Crispy Tater Tots V GF
Breakfast
Cinnamon Oatmeal w/Raisins
Breakfast Pizza
Mini Blueberry Pancakes V

28 **Lunch**
Crispy Beef Tacos
Chicken & Cheese Taquito
Fresh Veggie Sub Sandwich V
Buttery Crinkle Carrots V GF
Refried Beans V GF
Breakfast
Egg & Cheese Biscuit V
Iced Cinnamon Roll V
Pancakes V & Sausage



Menu is subject to change

Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast

Breakfast Meal Price: Paid \$1.35 / Reduced \$0.30 Lunch Meal Price: Paid \$2.45 / Reduced \$0.40 Adult: Breakfast \$2.00/ Lunch \$3.50