



FEBRUARY | 2023

Bearcat Lunch K-12th Grade

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Carb Counts: # by food item. K-4: first # is K-4, second # is 5-12. 5-12: first is 5th, second is 6-12. Milk: Choc-20 Straw-19 Wh-13</p>	<p>31 Fruit-Fresh Apple-19 Banana-27 Orange-21 Grapes-25 Pear-22 Melons-9 Fruit-Canned Peaches-14 Pears-16 Mx Fruit-16 Pineapple-19 Juice-15 Craisins-27 Applesauce-20 Raisins-27 Blueberries-11 Peach Crumble-20 Warm Apples-20 Fruit-Frozen Frozen Slush Cups/Pouches-25 Frozen Strawberry or Peach Cup-20</p>	<p>1 K-4: Hot Dog-2 Sandwich-25 Baked Beans-22 100% Sun Sip Juice-15 Fruit/Milk 5-12: Hot Dog-2 Sandwich-25 w/Topping-5 or BBQ Rib-13 Sandwich-25</p>	<p>2 K-12: French Toast Bites-40 Eggs & Cheese-2 Smiley Fries-30/40 Fruit/Milk 5-12: Or Breakfast Pizza-36/48</p>	<p>3 K-12: Cavatini w/Cheese-24 Broccoli-4 Carrots-4/6 Dip-2 Garlic Biscuit-24 Fruit/Milk </p>	<p>K-4: \$2.70 5-12: \$3.00 Reduced: \$.40 Milk: \$.75</p> <p>K-12: PB&J entrée choice offered daily. This will include the daily veggie & fruit. 5-12: Popcorn Chicken Salad w/Ranch offered Daily</p> <p>Students must take 3 of the 5 menu'd items to qualify as a lunch. One of those items must serving of a fruit or a vegetable.</p> <p>Charging Policy: 5-6: After a student has charged three times the student will receive a peanut butter sandwich, applesauce & milk until the charges have been paid in full. 7-12: One charge will be allowed when necessary, with no further charges until the first charge has been paid in full.</p> <p>This institution is an equal opportunity provider.</p> <p>*Menu Subject To Change* There may be continued supply chain shortages throughout the 2022-23 SY. Thanks for your continued support and patience. 😊</p> <p>Free & Reduced Application are available on school's web site or by 419-647-4111 ext.3206. You may Apply anytime throughout the year</p>
<p>6 K-4: Chicken Tenders-16 Green Beans-6 Cheetos-13 Fruit/Milk 5-12: Breaded Chicken Patty-13 or Spicy Chicken-17 Sandwich-25 Onion Rings-28 Green Bean-4 Fruit/Milk</p>	<p>7 K-4: Stuff Crust Cheese Pizza-33 Broccoli w/Cheese-7 Carrots 4/6 Dip-2 Fruit/Milk 5-12: French Bread Pizza-33 or BBQ Rib-13 Sandwich-25</p>	<p>8 K-12: Chicken Drumstick-5 Mashed Potatoes-21 Gravy-2 Carrots-4/6 Dip-2 Sweet Roll-31 Fruit/Milk 5-12: Or Salisbury Steak -2 Sandwich-25</p>	<p>9 K-4: Mini Pancakes-36 Trix Yogurt Cup-15 Potato Bites-25 Celery-2/4 Fruit/Milk 5-12: Breakfast Sandwich Sausage-0, Egg&Cheese-2 Biscuit-23 Or Egg Scramble-10 w/Cinnamon Roll-22</p>	<p>10 K-4: Hot Soft Pretzel Rods-42 w/Cheese Dip-2 Baked Beans-22 Carrots-4 Dip-2 Fruit/Milk 5-12: Quesadilla Pizza-39 Or Taco Stick-32 Refried Beans-31 Salsa-3 Sour Cream-1 Fruit/Milk</p>	
<p>17 K-4: Grilled Cheese Sandwich-31 Tomato Soup-10 Broccoli-4 Dip-2 Fruit/Milk 5-12: Grilled Cheese Sandwich-31 Tomato Soup-10 Broccoli-6 Dip-2 Or BBQ Rib-13 Sandwich-25 Fruit/Milk</p>	<p>14 K-12: Salisbury Steak w/Gravy-4 Mashed Potatoes-21 Carrots-4/6 Dip-2 Valentine Cookie-24 Fruit/Milk 5-12: Or Honey Serracha Chicken-15</p>	<p>15 K-4: Mini Corn Dogs-33 Baked Beans-22 Broccoli-4/6 Dip-2 President Cookies-22 Fruit/Milk 5-12: Chili-24 Cheese-1 Fries-20 Garlic Cheese Stick-17 Fritos-16 Fruit/Milk</p>	<p>16 K-12: French Toast Bites-40 Sausage Link-0 Smiley Fries-30/40 Fruit/Milk 5-12: Or Breakfast Pizza-36/48</p>	<p>17 No School Enjoy your long Weekend!!</p>	
<p>20 President's Day No School </p>	<p>21 K-12: Cheeseburger-2 Sandwich-23/25 Au Gratin Potatoes-25 Broccoli-4/6 Dip-2 Fruit/Milk 5-12: Or Pizza </p>	<p>22 K-4: Stuff Crust Cheese Pizza -33 Green Beans-6 Fruit/Milk 5-12: Cheese Pizza-35 Green Beans-4 Carrots-6 Dip-2 Fruit/Milk Or Fish-15 Sandwich-25</p>	<p>23 K-4: Popcorn Chicken-20 Cheesy Mashed Potatoes-22 Broccoli-4 Dip-2 Sweet Roll-31 Fruit/Milk 5-12: Popcorn Chicken Bowl (chicken-20, potatoes-21, gravy-3 corn-28) Sweet Roll-31 Fruit/Milk</p>	<p>24 K-12: Cinnamon Roll-40 Egg Omelet-2 Potato Bites-25 100% Sun Sip Juice-15 Fruit/Milk 5-12: Or Fish-15 Sandwich-25</p>	
<p>27 K-12: Breaded Chicken Patty-13 Sandwich-23/25 Broccoli-6 w/Cheese-1 Carrots 4/6 Dip-2 Fruit/Milk 5-12: Or Orange Chicken Bowl (Chicken-20, Rice-18, Broccoli-6) Carrots-6 Dip-2 9-12: Giant Goldfish Grahams-19</p>	<p>28 K-4: Personal Pan Pizza-25 Green Beans-6 Fruit/Milk 5-12: Pizza-35 or BBQ Rib-13 Sandwich-25 Green Beans-4 Carrots-6 Dip-2 Fruit/Milk</p>	<p>1 FEBRUARY</p>	<p></p>	<p>3 </p>	

serving up... Bearcat Pride!!