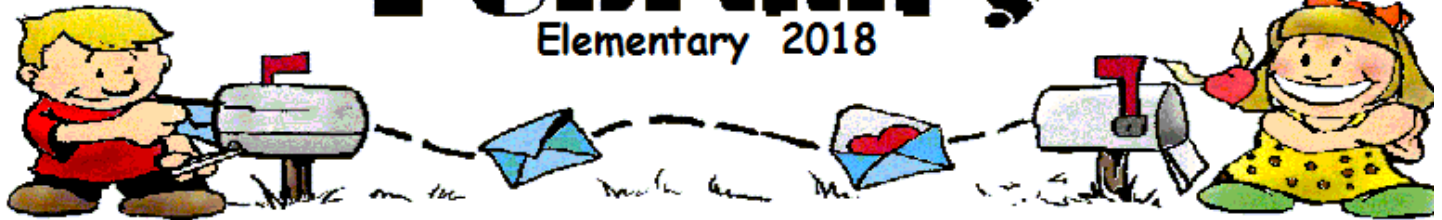


# February Elementary 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><b>DAILY LUNCH PRICES</b> \$2.55 Elementary \$3.50 Adult Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>			<p>1 Chicken Nuggets or Roasted Pork* w/Gravy Mashed Potatoes w/Gravy Fresh Garden Bar Warm Cinnamon Roll Savory Corn Assorted Juice Cup</p>	<p>2 Sloppy Joe Sandwich or Chicken Tenders Fresh Garden Bar Baked French Fries Sliced Peaches Chocolate Chip Cookie</p>	<p>Cal 633 T.Fat 17.82 G S.Fat 3.1 G Chol 35.0 Mg Sodm 1093.69 Mg Carb 91.70 G Fiber 7.8 G Prtn 25.87 G Iron 4.65 Mg Calc 354.70 Mg Vit A 37.94 RE Vit C 18.19 Mg</p>
<p>5 Popcom Chicken or Hot Dog Fresh Garden Bar Vegetarian Baked Beans Chilled Pears Assorted Sorbet</p>	<p>6 Mini Chocolate Chip French Toast w/Scrambled Eggs or BBQ Pulled Pork* Sandwich Crispy Tri-Tater Fresh Garden Bar Warm Cinnamon Apples</p>	<p>7 Pizza Dippers or Mini Corn Dogs Fresh Garden Bar Steamed Broccoli w/Cheese Sliced Peaches Minion Graham Snacks</p> <p><b>XOXO</b></p>	<p>8 Italian Spaghetti w/Meat Sauce &amp; Parmesan Cheese or Chicken Tenders Fresh Garden Bar Garlic Bread Savory Corn Orange Smiles</p>	<p>9 Wild Mike's 5" Cheese Pizza or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Country Blend Vegetables Assorted Juice Cup Vanilla Cupcake</p> <p><b>NATIONAL PIZZA DAY</b></p>	<p>Cal 645 T.Fat 17.24 G S.Fat 5.0 G Chol 70.0 Mg Sodm 930.07 Mg Carb 98.22 G Fiber 9.4 G Prtn 25.60 G Iron 3.79 Mg Calc 478.93 Mg Vit A 46.88 RE Vit C 33.82 Mg</p>
<p>12 Chicken Nuggets or Cheeseburger Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>13 2 Hard Shell or 1 Soft Shell Taco w/Mini Pretzel Bite or Bosco Sticks Fresh Garden Bar Cheesy Refried Beans Fresh Apple Slices</p>	<p>14 Cupid's Chicken Tenders or Wild-about-You Mini Cheese Ravioli Forget-me-not Garden Bar Be-Mine Breadstick Sweet Heart Carrot Coins Rosy Red Strawberries Valentine Sugar Cookie</p> <p><b>Ash Wednesday</b></p>	<p>15 Popcom Chicken or Salisbury Steak Mashed Potatoes w/Gravy Fresh Garden Bar Dinner Roll California Blend Vegetables Assorted Juice Cup</p>	<p>16 Macaroni &amp; Cheese or Pancake Wrapped Sausage on a Stick* Potato Smiles Fresh Garden Bar Chilled Pears Cotton Candy/Ice Cream Bar</p>	<p>Cal 595 T.Fat 17.01 G S.Fat 5.5 G Chol 45.9 Mg Sodm 991.74 Mg Carb 82.71 G Fiber 9.2 G Prtn 28.04 G Iron 4.68 Mg Calc 474.92 Mg Vit A 32.98 RE Vit C 18.89 Mg</p>
<p>19 Mandarin Orange Chicken or Mini Corn Dogs Fresh Garden Bar Seasoned Broccoli Mandarin Oranges President Cookies</p> <p><b>President's Day</b></p>	<p>20 Chicken Tenders or Grilled Cheese Sandwich Fresh Garden Bar Tomato Soup Seasonal Fresh Fruit 100% Fruit Sherbet Cup</p>	<p>21 Stuffed Crust Cheese Pizza or Sub Sandwich Fresh Garden Bar Steamed Peas Sliced Peaches Apple &amp; Cherry Juice</p>	<p>22 Chicken Nuggets or Roasted Pork* w/Gravy Mashed Potatoes w/Gravy Fresh Garden Bar Warm Cinnamon Roll Savory Corn Chilled Applesauce</p>	<p>23 Crispy Breaded Chicken Drumstick w/Mini Pretzel Bites or Trix Yogurt Cup w/Chocolate Chocolate Chip Muffin &amp; String Cheese Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits</p>	<p>Cal 569 T.Fat 13.79 G S.Fat 3.8 G Chol 43.4 Mg Sodm 893.67 Mg Carb 86.38 G Fiber 7.0 G Prtn 25.68 G Iron 4.05 Mg Calc 491.66 Mg Vit A 36.85 RE Vit C 31.08 Mg</p>
<p>26 5" Deep Dish Pizza or Crispy Chicken O's Crispy Potato Wedges Fresh Garden Bar Mixed Fruit Rice Krispie Treat</p> <p><b>FEB BIRTHDAY'S CELEBRATION</b></p>	<p>27 <b>NATIONAL STRAWBERRY DAY</b> Walking Taco or Bosco Sticks Fresh Garden Bar Seasoned Broccoli Chilled Strawberries Chocolate Chip Cookie</p> <p><b>STRAWBERRY MILK</b></p>	<p>28 Cinnamon French Toast w/2 Breakfast Sausages* or Chicken Patty Sandwich Fresh Garden Bar Peas &amp; Carrots Warm Cinnamon Apples Mini Powdered Sugar Donut</p>			<p>Cal 635 T.Fat 19.74 G S.Fat 5.8 G Chol 58.2 Mg Sodm 890.06 Mg Carb 90.15 G Fiber 8.6 G Prtn 26.23 G Iron 4.35 Mg Calc 470.27 Mg Vit A 36.31 RE Vit C 25.74 Mg</p>
<p><b>Account Balance:</b> Please access your account on-line at <a href="http://www.Germantownschools.org">www.Germantownschools.org</a>. Make checks payable to: Germantown Food &amp; Nutrition and include your child's name on your payment.</p>					