



FEBRUARY | 2018

EPBP LAKER SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Prices DK – 5 th \$1.30 6 th – 12 th \$1.40 Adult \$1.90 Extra Milk \$.35 “Grab-n-Go” Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart	Lunch Prices DK – 5 th \$2.30 6 th – 12 th \$2.50 Adult \$3.30 Extra Milk \$.35	Harvest of the Month “Potatoes”	1 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Buffalo Poppers W/G Cracker Peas & Carrots Ham & Provolone On A Pretzel Bun Skim, FF or Low-Fat Milk	2 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Pizza Carrots Skim, FF or Low-Fat Milk
5 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Fish Sticks W/G Cracker Mixed Vegetables Skim, FF or Low-Fat Milk	6 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Mac & Cheese Pea’s Italian Roast Beef Wrap Skim, FF or Low-Fat Milk	7 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Bosco Sticks Broccoli Skim, FF or Low-Fat Milk	8 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Chicken Nuggets W/G Roll Sweet Potatoes Cream of Broccoli Soup with Fish Crackers Skim, FF or Low-Fat Milk	9 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Pizza Corn Skim, FF or Low-Fat Milk
12 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> BBQ Pork on W/G Bun Sweet Potato Tots Skim, FF or Low-Fat Milk	13 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Grilled Chicken on W/G Bun Spinach Shephard’s Pie Loaded Baked Potato Skim, FF or Low-Fat Milk	14 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Breakfast for Lunch Hash Brown’s Skim, FF or Low-Fat Milk	15 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Cheese Quesadilla Brussel Sprouts Ham, Potato & Corn Chowder W/Roll Skim, FF or Low-Fat Milk	16 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Pizza Winter Blend Skim, FF or Low-Fat Milk
19 ←	20	21 MID WINTER BREAK NO SCHOOL	22	23 →
26 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Baked Cheese Sticks Broccoli Skim, FF or Low-Fat Milk	27 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Baked Chicken Leg W/G Roll Potato Spudz Chicken Bacon Flatbread W/Laker Awesome Sauce Skim, FF or Low-Fat Milk	28 <u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Nacho’s Refried Beans Skim, FF or Low-Fat Milk		

LAKER NEWS

Elementary Optional Selections

Monday-Chicken Pattie & WG Bun
 Tuesday-PBJ & Cheese Stick
 Wednesday-Fish Patty & WG Bun
 Thursday-Hot Dog & WG Bun
 Friday-Chicken Tenders
 Everyday Choice- Yogurt & Granola

Secondary Optional Selections

With Assorted Daily Specials

Salad Bar Vegetables/Fruits

Romaine Lettuce, Spinach, Broccoli, Cauliflower, Carrots, Red Peppers, Legumes, Cucumbers, Onions, Fresh Fruit & Canned Fruit

Milk Choices

Low-Fat, 1% White, Fat Free, Chocolate, Skim

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