



FEBRUARY | 2019

EPBP LAKER SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p> <p><u>Breakfast Prices</u> DK – 5th \$1.30 6th – 12th \$1.40 Adult \$1.90 Extra Milk \$.35 “Grab-n-Go” Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart</p>	<p>29</p> <p><u>Lunch Prices</u> DK – 5th \$2.30 6th – 12th \$2.50 Adult \$3.30 Extra Milk \$.35</p>	<p>30</p> <p>HARVEST OF THE MONTH</p> <p>“SALAD GREENS”</p>	<p>31</p>	<p>1</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Pizza California Blend Skim, FF or Low-Fat Milk</p>
<p>4</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Quesadillas Corn Skim, FF or Low-Fat Milk</p>	<p>5</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Chicken Nuggets w/g Roll Peas & Carrots Mostaccioli Skim, FF or Low-Fat Milk</p>	<p>6</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Bosco Sticks Broccoli Skim, FF or Low-Fat Milk</p>	<p>7</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Fajita’s Green Beans Chili w/Cornbread Skim, FF or Low-Fat Milk</p>	<p>8</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Pizza Sweet Potatoes Skim, FF or Low-Fat Milk</p>
<p>11</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Ravioli w/g Cracker Cauliflower Skim, FF or Low-Fat Milk</p>	<p>12</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Stuff Pretzels Beets French Onion/Grilled Cheese Skim, FF or Low-Fat Milk</p>	<p>13</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Mini Corn Dogs Spinach Skim, FF or Low-Fat Milk</p>	<p>14</p> <p>½ DAY NO LUNCH</p>	<p>15</p> <p>NO SCHOOL</p>
<p>18</p> <p>NO SCHOOL</p>	<p>19</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Calzone Mixed Vegetables Chef Salad Skim, FF or Low-Fat Milk</p>	<p>20</p> <p><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</p>	<p>21</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Hamburger w/g Bun Tator Tots Creamy Chicken & Rice Soup w/Fish Cracker Skim, FF or Low-Fat Milk</p>	<p>22</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Pizza Spinach Skim, FF or Low-Fat Milk</p>
<p>25</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> BBQ Rib w/g Bun Carrots Skim, FF or Low-Fat Milk</p>	<p>26</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Mac & Cheese Peas Bourbon Chicken Wrap Skim, FF or Low-Fat Milk</p>	<p>27</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Chicken Poppers w/g Roll Broccoli Skim, FF or Low-Fat Milk</p>	<p>28</p> <p><u>Breakfast</u> “Grab-n-Go” Fruit, FF or Low-Fat Milk <u>Lunch</u> Chicken Gravy, Mashed Potatoes & Corn Buffalo Chicken Grilled Cheese Skim, FF or Low-Fat Milk</p>	<p>1</p>

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider