

MENUS FOR FEBRUARY 2017

Indian Trail/
Liberty Bell



This institution is an equal opportunity provider. Menus are subject to change.

HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

Additional Entrée Choices at Indian Trail and Liberty Bell
Include a COLD Sandwich selection AND

Monday-
Pizza OR Bacon Cheeseburger

Tuesday-
Popcorn Chicken/Roll OR Philly Sub

Wednesday-
Pizza OR Toasted Cheese Sandwich

Thursday-
Popcorn Chicken/Roll OR Hot Dog on Bun

Friday-
Breaded Chx Sandwich OR Meatball Sub

First things First

BREAKFAST @SCHOOL

For first-class learning!

Featuring Healthy Fruits & Grains!



Every complete meal we serve comes with your choice of milk!



Use your credit card to pay for meals on-line!

Go to www.myschoolbucks.com and follow the directions, or call us at 434-5228 for more info.



Paying on-line has many benefits. It can be done at anytime with a variety of payment options. It also allows parents to be pro-active and set individual parameters for low balance email notification and/or auto-drafts to prevent accounts from running into the negative.

<p>Monday, February 6</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Dippity-DO Day Lunch</u> Corn Dog Pups w mustard</p> <p>Choose 1 from: Apples/Caramel Dip, Juice</p> <p>Choose 1-2 from: Potato Rounds/ketchup, Baby Carrots/Hummus</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Tuesday, February 7</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Meatball Sub Chips</p> <p>Choose 1 from: Assorted Fruit, Sorbet</p> <p>Choose 1-2 from: Green Beans, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Wednesday, February 8</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Brunch for Lunch</u> Egg and Cheese Omelet Fresh Baked Cinnamon Roll</p> <p>Choose 1 from: Fruit, Cooked Apples</p> <p>Choose 1-2 from: Emoji Smile Fries, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Thursday, February 9</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Pizza</p> <p>Choose 1 from: Assorted Fruit, Juice</p> <p>Choose 1-2 from: Steamed Broccoli, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Friday, February 10</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Popcorn Chicken WW Roll</p> <p>Choose 1 from: Assorted Fruit, OJ</p> <p>Choose 1-2 from: Corn, Baked Beans, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>
<p>Monday, February 13</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Grab-It and Bag-It Lunch: Go-gurt, Turkey Stick, Beef Stick, Cheese Stick Animal Crackers</p> <p>Choose 1 from: Sliced Apples, Dried Fruit</p> <p>Choose 1-2 from: Baby Carrot Packs, Juice</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Tuesday, February 14</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Beef OR Chicken/Cheese Fajita, Mexican Rice, Salsa</p> <p>Choose 1 from: Assorted Fruit, OJ</p> <p>Choose 1-2 from: Corn, Fiesta Black Beans, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Wednesday, February 15</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Pork BBQ on Bun OR Turkey Burger</p> <p>Choose 1 from: Fruit, Cooked Apples</p> <p>Choose 1-2 from: Slaw, Potato Rounds, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Thursday, February 16</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Chicken and Waffles Syrup</p> <p>Choose 1 from: Assorted Fruit, Juice</p> <p>Choose 1-2 from: Sweet Potato Fries, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>	<p>Friday, February 17</p> <p><u>Breakfast</u> Breakfast Choices Fruit, Juice, Milk</p> <p><u>Lunch</u> Pizza</p> <p>Choose 1 from: Assorted Fruit, OJ</p> <p>Choose 1-2 from: Steamed Broccoli, Assorted Veggies, Leafy Green Salad</p> <p><u>AfterSchool Snack</u> Grab and Go Choices</p>