

Breakfast Served:
8:00 a.m. at **BOTH**
Elementary and
Jr-Sr High School

SIGOURNEY COMMUNITY SCHOOLS

Breakfast and Lunch Menu - FEBRUARY 2012

SCSD is an equal opportunity
provider and employer.
*Menu is subject to change
without notice.*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast.</p>	<p>Alt Lunch: Hot Dog, WG Bun</p>		<p>February 1 Long John ----- Corn Dogs, Fritos, Baked Beans, Fresh Orange</p>	<p>February 2 PB&J Sandwich, Potatoes ----- Chili, Crackers, Celery & Carrot Stix, Apple Wedges, Blueberry Muffin, Yogurt Dip</p>	<p>February 3 Scrambled Eggs & Ham, WW Toast ----- Chicken Tenders, Tossed Salad, Corn, Applesauce, Br & Butter Sandwich</p>
<p>Salad is offered as an alternative for grades 5-12. Alternative Lunch: Hamburger, WG Bun</p>	<p>February 6 NO SCHOOL</p>	<p>February 7 Sausage & Cheese Biscuit ----- French Toast, Little Smokies, Hash Browns, Mixed Fruit</p>	<p>February 8 Waffles, Diced Peaches ----- Chicken Fajitas, WG Wraps, (cheese & lettuce), Potato, Applesauce, Brownie</p>	<p>February 9 Breakfast Pizza ----- Hot Beef & Gravy Bowl, Whipped Potatoes, Corn, Strawberries, WW Dinner Roll</p>	<p>February 10 Egg Patty, Potatoes, WW Toast ----- Fritters, WG Bun, Rice Pilaf, Green Beans, Banana</p>
<p>Alternative Lunch: Rib Patty, WG Bun</p>	<p>February 13 Sausage Gravy & Biscuit ----- Chicken Nuggets, Peas & Carrots, Baked Apples, Trail Mix, Br & Butter Sandwich</p>	<p>February 14 Mini Pancakes, Applesauce ----- Beef Burgers, WG Bun, Seasoned Wedges, Cherries, Valentines Dessert</p>	<p>February 15 Ass't Cereal or Oatmeal ----- Ravioli, Tossed Salad, Pears, French Bread</p>	<p>February 16 Pancake/Sausage Stix, Raisins ----- Chicken & Noodles, Mashed Potatoes, Mandarin Oranges, WW Dinner Roll</p>	<p>February 17 Yogurt Parfait, Donut Holes ----- Rib Patty, WG Bun, Corn or Corn Mac, Mixed Fruit, Dessert 2:30 Dismissal</p>
<p>Alternative Lunch: Hot Ham, WG Bun</p>	<p>February 20 NO SCHOOL Presidents Day (Make-up snow day if needed)</p>	<p>February 21 Fr. Toast, Little Smokies ----- Savage Nachos, Baby Carrots & Dip, Apple Wedges, Yogurt</p>	<p>February 22 Long John ----- Pizza (school made) Cheese or Sausage, Corn, Rosy Applesauce, PB Cookie</p>	<p>February 23 Cooks Choice ----- WG Pasta & Meat Sauce, Tossed Salad, Peaches, WG Bread Stix</p>	<p>February 24 Cheese Omelet, WW Toast ----- Fish Sandwich, Cheese Stix, Coleslaw, Fruit, Chocolate Mousse</p>
<p>Alternative Lunch: Toasted Cheese Sandwich</p>	<p>February 27 Breakfast Wrap ----- Breaded Chicken Patty, WG Bun, Green Beans, Orange, Graham Cookie</p>	<p>February 28 Breakfast Stix ----- Tacos, (cheese, lettuce & tomatoes), Refried Beans, Peaches, Cinnamon Roll</p>	<p>February 29 Yogurt, Cinnamon Roll ----- Hot Ham, WG Bun, Oven Fries, Pineapple, Cottage Cheese</p>		<p>Note: WG Indicates a healthy whole grain food.</p>