

South Point Elementary Lunch February 2024

Offered Daily

- Chef Salad
- Low Fat Cottage Cheese
- Romaine & Tomato Salad
- Fresh Veggies
- At least 1 Fresh Fruit Offered daily: Apples, Oranges, Kiwi, Grapes, Melon, Seasonal Fruit
- 3 of the Following Canned Fruit Choices: Peaches, Pine-apple, Mixed Fruit, Applesauce, Pears, Mandarin Oranges
- 100% Juice Choices: Apple, Grape, Fruit Punch & Orange
- Milk: White 1%, Chocolate Non-Fat
- All grains are whole grain.

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or vegetable.

Save time & money! No Fees for Food Service online Depositing!

Visit www.washington.k12.mo.us

Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
29 C Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	30 D Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	31 A Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	1 B Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	2 C Day Bosco Sticks Chicken Patty on Bun Pasta Marinara California Vegetables Fruit Choice
5 D Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	6 A Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	7 B Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	8 C Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	9 D Day Pizza Chicken Patty on Bun Chicken Rice Ranch Tossed Salad w/Cheese Fruit Choice
12 A Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	13 B Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	14 C Day Cheese Pizza Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	15 D Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	16 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF
19 NO SCHOOL PRESIDENTS' DAY	20 A Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	21 B Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	22 C Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	23 D Day Pizza Chicken Patty on Bun Chicken Rice Ranch Tossed Salad w/Cheese Fruit Choice
26 A Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	27 B Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	28 C Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	29 D Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	1 A Day Bosco Sticks Chicken Patty on Bun Pasta Marinara California Vegetables Fruit Choice

"This institution is an equal opportunity provider."