



FEBRUARY 2018

MON

TUE

WED

THUR

FRI

SCHOOL BREAKFAST WEEK

IS NEXT MONTH!

MARCH 5-9

squaremeals.org/sbw

+200



+100



+50



Good Eats at:

Wolverine Cafeteria

2.14

Valentine's Day

Sausage Biscuit
Fruit
Fruit Juice
Unflavored Milk

5

Breakfast Burrito
Hash Brown
Fruit
Fruit Juice
Unflavored Milk

6

Chicken-n-Waffles
Fruit
Fruit Juice
Unflavored Milk

7

Stuffed Bagel
Sausage
Fruit
Fruit Juice
Unflavored Milk

8

Dutch Waffle
Bacon
Fruit
Fruit Juice
Unflavored Milk

9

Breakfast Pizza
Fruit
Fruit Juice
Unflavored Milk

12

Chicken-n-Biscuit
Fruit
Fruit Juice
Unflavored Milk

13

Biscuit, Eggs,
Bacon, and Gravy
Fruit
Fruit Juice
Unflavored Milk

14

Pancake Wrap
Yogurt
Fruit
Fruit Juice
Unflavored Milk

15

Cinnamon Roll
Sausage
Fruit
Fruit Juice
Unflavored Milk

16

Pancakes
Bacon
Fruit
Fruit Juice
Unflavored Milk

19

Sunrise Sandwich
Fruit
Fruit Juice
Unflavored Milk

20

French Toast
Sausage
Fruit
Fruit Juice
Unflavored Milk

21

Breakfast Bread
Yogurt
Fruit
Fruit Juice
Unflavored Milk

22

Breakfast Burrito
Hashbrown
Fruit
Fruit Juice
Unflavored Milk

23

Sausage Kolache
Yogurt
Fruit
Fruit Juice
Unflavored Milk

26

Cheese Omelet
Toast
Fruit
Fruit Juice
Unflavored Milk

27

Waffles
Sausage
Fruit
Fruit Juice
Unflavored Milk

28

SPECIAL ANNOUNCEMENTS

Pre-K Breakfast

Choose at least 3 items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 other **Items**



Food Groups
Meat/Meat Alternates
Grains
Vegetables
Fruits
Milk

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





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Good Eats at:

Wolverine Cafeteria

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Valentine's Day

Sausage Biscuit
OR
Breakfast Round
Yogurt
Fruit
Fruit Juice
Milk 5

Breakfast Burrito
Hash Brown
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 6

Chicken-n-Waffles
OR
Breakfast Parfait
Fruit
Fruit Juice
Milk 7

Stuffed Bagel
Sausage
OR
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 8

Dutch Waffle
Bacon
OR
Cereal
Toast
Fruit
Fruit Juice
Milk 9

Breakfast Pizza
OR
Breakfast Round
Yogurt
Fruit
Fruit Juice
Milk 12

Chicken-n-Biscuit
Fruit
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 13

Biscuit, Eggs,
Bacon, and Gravy
OR
Breakfast Parfait
Fruit
Fruit Juice
Milk 14

Pancake Wrap
Yogurt
OR
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 15

Cinnamon Roll
Sausage
OR
Cereal
Toast
Fruit
Fruit Juice
Milk 16

Pancakes
Bacon
OR
Breakfast Round
Yogurt
Fruit
Fruit Juice
Milk 19

Sunrise Sandwich
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 20

French Toast
Sausage
OR
Breakfast Parfait
Fruit
Fruit Juice
Milk 21

Breakfast Bread
Yogurt
OR
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 22

Breakfast Burrito
Hashbrown
OR
Cereal
Toast
Fruit
Fruit Juice
Milk 23

Sausage Kolache
Yogurt
OR
Breakfast Round
Yogurt
Fruit
Fruit Juice
Milk 26

Cheese Omelet
Toast
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 27

Waffles
Sausage
OR
Breakfast Parfait
Fruit
Fruit Juice
Milk 28

Special Announcements

K-12th Breakfast

Choose at least 3 Items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 other **Items**



Food Groups
Meat/Meat Alternates
Grains
Vegetables
Fruits
Milk

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Good Eats at:

Wolverine Cafeteria

2.14

Valentine's Day

Chicken Basket
Fresh Veggie Cup
Diced Peaches
Unflavored Milk

5

Tex-Mex Stack
Charro Beans
Lettuce/Tomato Garnish
Salsa
Hot Cinnamon Apples
Unflavored Milk

6

Chicken Alfredo
Breadstick
Tuscan Vegetables
Garden Salad
Mixed Fruit
Unflavored Milk

7

Country Pot Pie
Broccoli Bites
Snowball Salad
Unflavored Milk

8

Roast Beef Sandwich
Savory Green Beans
Mashed Potatoes
Apple
Unflavored Milk

9

Chili Cheese Combo
Fresh Veggie Cup
Mixed Fruit
Unflavored Milk

12

Fiesta Bowl
Fruity Gelatin
Unflavored Milk

13

Cheese Enchiladas
Charro Beans
Seasoned Corn
Fresh Fruit
Unflavored Milk

14

Frito Pie
Lettuce/Tomato Garnish
Black Beans
Cinnamon Applesauce
Unflavored Milk

15

Fish Sticks
Mac and Cheese
Savory Green Beans
Apple
Unflavored Milk

16

Texas Chili
Cornbread
Celery Sticks
Carrot Sticks
Orange
Unflavored Milk

19

Spaghetti Bowl
Breadstick
California Blend
Mixed Fruit
Unflavored Milk

20

Steak Fingers
Roll
Mashed Potatoes
Carrot Coins
Strawberry/Banana Cup
Unflavored Milk

21

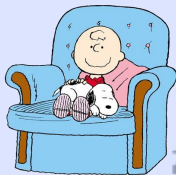
Mexican Combo Plate
Lettuce/Tomato Garnish
Refried Beans
Salsa
Diced Peaches
Unflavored Milk

22



No School

No School



26

Crispy Tacos
Lettuce/Tomato Garnish
Fresh Veggie Cup
Charro Beans
Apple-Pineapple D'lite
Unflavored Milk

27

Chicken Nuggets
Mashed Potatoes
Garden Salad
Diced Pears
Unflavored Milk

28

SPECIAL ANNOUNCEMENTS

Pre-K Lunch Menu

Choose at least 3 items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 **other** Food Groups



- Food Groups
- Meat/Meat Alternates
- Grains
- Vegetables
- Fruits
- Milk

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Good Eats at:

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2.14

Valentine's Day

Chicken Basket
Fresh Veggie Cup
Diced Peaches
Milk

5

Tex-Mex Stack
Lettuce/Tomato Garnish
Charro Beans
Tiny Tomato Cup
Salsa
Hot Cinnamon Apples
Milk

6

Chicken Alfredo
Breadstick
Tuscan Vegetables
Garden Salad
Mixed Fruit
Cookie
Milk

7

Country Pot Pie
Broccoli Bites
Fresh Veggie Cup
Snowball Salad
Milk

8

Roast Beef Sandwich
Savory Green Beans
Mashed Potatoes
Apple
Milk

9

Chili Cheese Combo
Fresh Veggie Cup
Mixed Fruit
Milk

12

Fiesta Bowl
Tiny Tomato Cup
Fruity Gelatin
Milk

13

Cheese Enchiladas
Charro Beans
Seasoned Corn
Fresh Fruit
Fruit Crisp
Milk

14

Frito Pie
Lettuce/Tomato Garnish
Black Beans
Baby Carrots
Cinnamon Applesauce
Cookie

15

Fish Sticks
Mac and Cheese
Savory Green Beans
Garden Salad
Apple
Milk

16

Texas Chili
Cornbread
Celery Sticks
Carrot Sticks
Orange
Brownie
Milk

19

Spaghetti Bowl
Breadstick
California Blend
Garden Salad
Mixed Fruit
Pudding
Milk

20

Steak Fingers
Roll
Mashed Potatoes
Carrot Coins
Strawberry/Banana Cup
Milk

21

Mexican Combo Plate
Lettuce/Tomato Garnish
Refried Beans
Mexicali Corn
Salsa
Diced Peaches
Milk

22



No School

No School



26

Crispy Tacos
Lettuce/Tomato Garnish
Fresh Veggie Cup
Charro Beans
Apple-Pineapple D'Lite
Milk

27

Chicken Nuggets
Roll
Mashed Potatoes
Garden Salad
Tuscan Vegetables
Diced Pears
Milk

28



Choose at least 3 Items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 **other** Food Groups

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- Meat/Meat Alternates
 - Grains
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Good Eats at:

Wolverine Cafeteria

2.14

Valentine's Day

Chicken Basket
Fresh Veggie Cup
Diced Peaches
Milk

5

Tex-Mex Stack
Spanish Rice
Lettuce/Tomato Garnish
Charro Beans
Tiny Tomato Cup
Salsa
Hot Cinnamon Apples
Milk

6

Chicken Alfredo
2 Breadsticks
Tuscan Vegetables
Garden Salad
Mixed Fruit
Cookie
Milk

7

Country Pot Pie
Broccoli Bites
Fresh Veggie Cup
Snowball Salad
Milk

8

Roast Beef Sandwich
Savory Green Beans
Mashed Potatoes
Apple
Milk

9

Chili Cheese Combo
Fresh Veggie Cup
Mixed Fruit
Milk

12

Fiesta Bowl
Tiny Tomato Cup
Garden Salad
Fruity Gelatin
Milk

13

Cheese Enchiladas
Spanish Rice
Charro Beans
Seasoned Corn
Fresh Fruit
Fruit Crisp
Milk

14

Frito Pie
Lettuce/Tomato Garnish
Black Beans
Baby Carrots
Cinnamon Applesauce
Cookie
Milk

15

Fish Sticks
Mac and Cheese
Savory Green Beans
Garden Salad
Apple
Milk

16

Texas Chili
Cornbread
Celery Sticks
Carrot Sticks
Orange
Brownie
Milk

19

Spaghetti Bowl
2 Breadsticks
California Blend
Garden Salad
Mixed Fruit
Pudding
Milk

20

Steak Fingers
Roll
Mashed Potatoes
Carrot Coins
Strawberry/Banana Cup
Milk

21

Mexican Combo Plate
Spanish Rice
Lettuce/Tomato Garnish
Refried Beans
Mexicali Corn
Salsa
Diced Peaches
Milk

22



No School

No School



26

Crispy Tacos
Spanish Rice
Lettuce/Tomato Garnish
Fresh Veggie Cup
Charro Beans
Apple-Pineapple D'Lite
Milk

27

Chicken Nuggets
Roll
Mashed Potatoes
Garden Salad
Tuscan Vegetables
Diced Pears
Milk

28

SPECIAL ANNOUNCEMENTS

9th-12th Lunch Menu

Choose at least 3 items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 **other Food Groups**



- Food Groups
- Meat/Meat Alternates
- Grains
- Vegetables
- Fruits
- Milk

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