



SCHOOL NUTRITION **DEPARTMENT**

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY CELEBRATIONS

- Happy President's Day
- **Happy Valentine Day**
- **Celebrating Broccoli Month!**

Turkey & Sausage Biscuit Sandwich (KCC) Donut Holes, Powdered Sugar Assorted Cereal w/Graham Crackers(KCC) **Assorted Fresh Fruit** Assorted Fruit Juice

Egg & Cheese English Muffin

Donut Holes, Powdered Sugar(KCC)(SHS)

Assorted Cereal w/Graham Crackers (KCC)

(SHS)

Assorted Fresh Fruit

Assorted Fruit Juice

Pineapple Spinach Smoothie w/Graham Crackers **Chicken Sausage Honey Biscuit Sandwich** Assorted Cereal w/Toast(KCC)(SHS) Strawberry Crisp BKF Bar w/Graham Crackers **Assorted Fresh Fruit**

Assorted Fruit Juice

Pancakes & Sausage(KCC)(SHS) Blueberry Parfait w/Graham Crackers Assorted Cereal w/Cheese Stick(KCC)(SHS) Assorted Fresh Fruit Assorted Fruit Juice

Breakfast Pizza w/Canadian Bacon Strawberry Pineapple Smoothie w/Graham Crackers Apple Berry BKF Bar w/Graham Crackers Assorted Cereal w/Toast(KCC)(SHS) Assorted Fresh Fruit Assorted Fruit Juice

Egg. Sausage & Cheese BKF Tacos EGG & Cheese English Muffin(KCC)-(SHS) ONLY Cinnamon Roll w/Turkey Sausage Assorted Cereal w/Graham Crackers (KCC) (SHS) Assorted Fresh Fruit Assorted Fruit Juice

· Per Ounce, broccoli has as much calcium as milk



of President George Washington's birthday.

Presidents Day was established in 1885 in honor

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Turkey Sausage Breakfast Pizza(KCC)(SHS) Banana Smoothie w/Graham Crackers Apple Berry BKF Bar w/Graham Crackers(KCC)(SHS) Assorted Cereal w/Toast Assorted Fresh Fruit Assorted Fruit Juice

12 Scrambled Eggs & Sausage Cherry & Vanilla Yogurt Parfait w/Graham Crackers(KCC)(SHS) Assorted Cereal w/Cheese Stick (KCC)(SHS) Assorted Fresh Fruit

Assorted Fruit Juice

Peach Smoothie w/Graham Crackers Assorted Cereal w/Toast Assorted Fresh Fruit **Assorted Fruit Juice**

Sausage Kolache(KCC)(SHS)

Breakfast Bar, Berry Apple Crisp w/Graham

Crackers

Assorted Cereal w/Graham Crackers(KCC)

Assorted Fruit Juice

MENU NOTES

LOW FAT UNFLAVORED. FAT FREE STRAWBERRY, FAT FREE CHOCOLATE AND LACTOSE FREE. K - 12 STUDENTS ARE NOT REQUIRED TO TAKE MILK.

KISD MENUS ARE SUBJECT TO LAST MINUTE CHANGES DUE TO NATION WIDE SUPPLY CHAIN ISSUES.

Banana Smoothie w/Graham Crackers Breakfast Pizza, Turkey Sausage Breakfast Bar, Berry Apple Crisp(KCC)(SHS) Assorted Cereal w/Toast(KCC)(SHS) Assorted Fresh Fruit Assorted Fruit Juice

19 Scrambled Eggs & Sausage Blueberry Parfait w/ Graham Crackers(KCC) (SHS)

Assorted Cereal w/Cheese Stick(KCC)(SHS) Assorted Fresh Fruit **Assorted Fruit Juice**

Waffle Nuggets Strawberry Pineapple Smoothie w/Graham Crackers

Assorted Cereal w/Toast(KCC)(SHS) Apple Berry BKF Bar w/Graham Crackers **Assorted Fresh Fruit** Assorted Fruit Juice

Coffee Cake Strawberry Peach Smoothie w/Graham Crackers Assorted Cereal w/Toast(KCC)(SHS) **Assorted Fresh Fruit**

Assorted Fruit Juice

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Cinnamon Roll w/Turkey Sausage(KCC)(SHS) Egg, Sausage & Cheese BKF Taco Assorted Cereal w/Graham Crackers **Assorted Fresh Fruit** Assorted Fruit Juice

Meal Prices

Student Breakfast - FREE for all KISD students Elementary Lunch - \$2.75 Secondary Lunch - \$3.00

Adults Breakfast \$2.75 Lunch \$4.25

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Egg & Cheese English Muffin(KCC)(SHS) **Donut Holes, Powdered Sugar** Assorted Cereal w/Graham Crackers(KCC) (SHS) Applesauce Cup

Assorted Fruit Juice

Breakfast Bar, Berry Apple Crisp Breakfast Pizza, Turkey Sausage(SHS) Pineapple Spinach Smoothie w/Toast Assorted Cereal w/Graham Crackers(KCC) (SHS)

Assorted Fresh Fruit Assorted Fruit Juice



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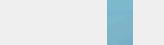
Pancakes & Sausage (KCC) Peach Parfait w/Graham Crackers Assorted Cereal w/Cheese Stick(KCC)(SHS) Assorted Fresh Fruit Assorted Fruit Juice



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valentine's Day

Egg, Sausage & Cheese Breakfast Tacos(KCC)(SHS) Cinnamon Roll w/Turkev Sausage(KCC)(SHS)

Assorted Fresh Fruit

Egg & Cheese English Muffin Egg. Bacon & Cheese Muffin(KCC)

(SHS) Assorted Cereal w/Graham Crackers(KCC) Assorted Fresh Fruit

Cinnamon Roll w/Turkey Sausage (KCC)

B