

Missouri Valley  
Community Schools Menu

# February 2010

Mon., Feb. 1	Tues., Feb. 2	Wed., Feb. 3	Thur., Feb. 4	Friday, Feb. 5
PIZZATAS Lettuce Fruit/Milk  <u>Alt:</u> Ham & Cheese Hoagi	SPAGHETTI Meat Sauce Green Beans Fruit/Milk  <u>Alt:</u> French Bread Pizza	CHICKEN NUGGETS Fresh Veggies Dinner Roll Fruit/Milk  <u>Alt:</u> Chicken Salad Croissant	TURKEY/HAM HOAGIE Cucumbers/ Tomatoes Fruit Fruit/Milk <u>Alt:</u> Soup/Cook's Choic	HOT DOG/BUN Chili Carrots Fruit/Milk  <u>Alt:</u> Crispy Chicken Wrap
Mon., Feb. 8	Tues., Feb. 9	Wed., Feb. 10	Thur., Feb. 11	Friday, Feb. 12
TERYAKI CHICKEN/ BUN Corn Fruit/Milk  <u>Alt:</u> Grilled Cheese	ALPHABET SOUP Fresh Veggies Crackers Yogurt Fruit/Milk <u>Alt:</u> Grilled Cheese	BREAKFAST PIZZA Tri-tators Fruit/Milk  <u>Alt:</u> Ham/Cheese Grill	CHICKEN GRAVY Mashed Potatoes Biscuit Fruit/Milk  <u>Alt:</u> Egg Salad	HAMBURGER/BUN Carrots Fruit/Milk  <u>Alt:</u> Mozzarella Sticks
Mon., Feb. 15	Tues., Feb. 16	Wed., Feb. 17	Thur., Feb. 18	Friday, Feb. 19
<b>NO SCHOOL</b>	TOMATO SOUP Crackers Yogurt Fruit/Milk <u>Alt:</u> Grilled Cheese	MINI CORN DOGS Fruit/Milk  <u>Alt:</u> Turkey/Bacon Wrap	CHICKEN STRIPS Veggie Mix Dinner Roll Fruit/Milk <u>Alt:</u> Chicken Alfredo	CHEESE PIZZA Lettuce Fruit/Milk  <u>Alt:</u> Spicy Chicken Wrap
Mon., Feb. 22	Tues., Feb. 23	Wed., Feb. 24	Thur., Feb. 25	Friday, Feb. 2
WALKING TACO Chips Carrots Fruit/Milk  <u>Alt:</u> Chicken Patty/Bun	RAVIOLI Lettuce Dinner Roll Fruit/Milk  <u>Alt:</u> French Dip	POPCORN CHICKEN Beans Dinner Roll Fruit/Milk  <u>Alt:</u> Pepperoni Pizza	CHICKEN FRIED STEAK Mashed Potatoes Biscuit Fruit/Milk  <u>Alt:</u> Egg Salad	MAC & CHEESE Corn Dinner Roll Fruit/Milk  <u>Alt:</u> Hot Dog/Bun

### Weekly Breakfast Menu

#### MONDAY

- Cereal
- Fruit
- Juice, Milk

#### TUESDAY

- Cook's Choice (Hot)
- Fruit
- Juice, Milk

#### WEDNESDAY

- Cinnamon Roll
- Fruit
- Juice, Milk

#### THURSDAY

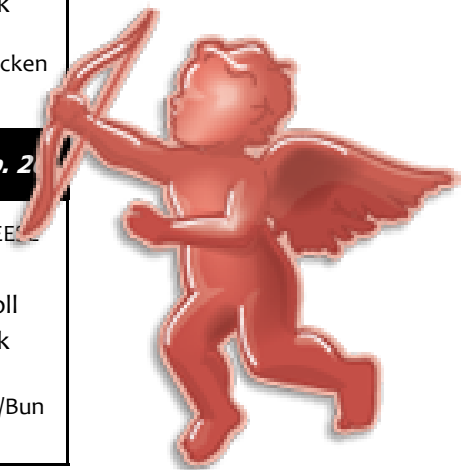
- Cook's Choice (Hot)
- Fruit
- Juice, Milk

#### FRIDAY

- Cereal
- Fruit
- Juice, Milk

#### BREAKFAST ALTERNATIVES

- Fresh Fruit
- Cereal
- Cereal Bars
- Yogurt



### Lunch Alternatives

- Peanut Butter & Jelly Sandwiches
- Yogurt
- Fresh Fruits & Vegetables
- Lettuce or Salad Bar & Ala Carte Items (MS/HS)
- 100% Fruit Juice Drinks
- Pretzels Mondays & Fridays ONLY
- 1% & Skim Milk Offered



# Missouri Valley Community Schools Menu *March* 2010

<i>Mon., Mar. 1</i>	<i>Tues., Mar. 2</i>	<i>Wed., Mar. 3</i>	<i>Thurs., Mar. 4</i>	<i>Friday, Mar. 5</i>
CHICKEN STRIPS Green Beans Dinner Roll Fruit/Milk  <u>Alt:</u> Turkey/Bacon/ Cheese Wrap	SOFT TACOS Tortillas Carrots/Broccoli Fruit/Milk  <u>Alt:</u> Fajita Taco	MINI CORN DOGS Potatoes Fruit/Milk  <u>Alt:</u> Big Red Rib	CHEESEBURGER Bun Lettuce Fruit/Milk  <u>Alt:</u> Crispy Chicken Wrap	FISH NUGGETS Baked Beans Dinner Roll Fruit/Milk  <u>Alt:</u> Ham/Cheese Melt
<i>Mon., Mar. 8</i>	<i>Tues., Mar. 9</i>	<i>Wed., Mar. 10</i>	<i>Thurs., Mar. 11</i>	<i>Friday, Mar. 12</i>
CHICKEN PATTY Bun Carrots Dinner Roll Fruit/Milk  <u>Alt:</u> Pizzas	SLOPPY JOE Bun Lettuce Fruit/Milk  <u>Alt:</u> Meatball Sub	TERIJAKI CHICKEN Bun Corn Fruit/Milk  <u>Alt:</u> Pizza Burger/ Bun	PORK GRAVY Mashed Potatoes Biscuits Fruit/Milk  <u>Alt:</u> Chicken Strips	CHEESE SANDWICH Tomato Soup Celery Fruit/Milk  <u>Alt:</u> Spicy Chicken Wrap
<i>Mon., Mar. 15</i>	<i>Tues., Mar. 16</i>	<i>Wed., Mar. 17</i>	<i>Thurs., Mar. 18</i>	<i>Friday, Mar. 19</i>
PIZZA Carrots Cucumbers Fresh Fruit/Milk  <u>Alt:</u> Cheeseburger/ Bun	MOZZERELLA STICKS Lettuce Yogurt Fresh Fruit/Milk  <u>Alt:</u> Chicken Salad Croissant	CHICKEN NUGGETS Fresh Veggie Mix Dinner Rolls Fruit/Milk  <u>Alt:</u> Polish Dog/Bun	TURKEY/HAM/ CHEESE HOAGIE Potatoes Fresh Fruit/Milk  <u>Alt:</u> BBQ Pork/Bun	COOK'S CHOICE
<i>Mon., Mar. 22</i>	<i>Tues., Mar. 23</i>	<i>Wed., Mar. 24</i>	<i>Thurs., Mar. 25</i>	<i>Friday, Mar. 26</i>
NO SCHOOL   TEACHER PROFESSIONAL DEVELOPMENT	RAVIOLI Lettuce/Tomatoes Breadsticks Fresh Fruit/Milk  <u>Alt:</u> Grilled Cheese	BREAKFAST PIZZA Corn Fruit/Milk  <u>Alt:</u> Pizza Burger	TURKEY GRAVY Mashed Potatoes Biscuits Fruit/Milk  <u>Alt:</u> Egg Salad Sandwich	SHRIMP POPPERS Green Beans Muffins Fruit/Milk  <u>Alt:</u> Club Wrap
<i>Mon., Mar. 29</i>	<i>Tues., Mar. 30</i>	<i>Wed., Mar. 31</i>		
CHICKEN NOODLE SOUP Yogurt/Crackers Carrots Fresh Fruit/Milk  <u>Alt:</u> Crispitoes	WALKING TACOS Chips Lettuce Fresh Fruit/Milk  <u>Alt:</u> Grilled Chicken Wrap	MINI CORN DOGS Baked Beans Fruit/Milk  <u>Alt:</u> French Bread Pizza		

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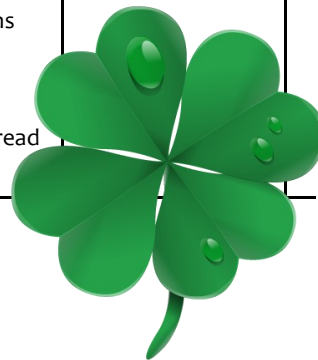
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