

Richfield & Friess Lake Breakfast Menu

Select at least 3 food items – 1 must be ½ cup fruit
(All menu items count as 1 food item)

Monday-Thursday

Select 1 grain item from the following:

Cereal
Banana Bread
Pop Tart
Muffin
Ubr (Oatmeal Bar)

Select 1 meat/meat alternate from the following:

Yogurt
String Cheese

Select at least ½ cup fruit from the following:

Fruit
Dried Fruit
Juice

Breakfast includes a choice of milk

Friday Only

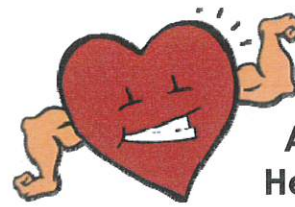
Cinnamon Roll
Fruit
Juice
Choice of milk

\$1.85

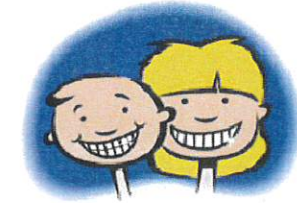
Breakfast is offered daily in the café. Daily offerings include: cereal, banana bread, Pop Tart, muffin, Ubr, yogurt, string cheese, fruit, juice, and choice of milk.

FEBRUARY 2020

HOLY HILL AREA SCHOOL DISTRICT



American Heart Month



Children's Dental Health Month

Menu subject to change. Lunch Price is \$3.00. All meals come with choice of low-fat or skim milk. Ala carte milk is 30¢. Fresh Apples offered as a daily fruit choice for grades 5-8.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><i>did you know...</i></p> <p>Applications for free & reduced price meals can be completed any time during the school-year. Contact the main office or food service office for a form.</p>	
<p>3-Feb</p> <p>Chicken Strips Tossed Romaine Salad Country Mixed Vegetable Applesauce Dinner Roll</p>	<p>4-Feb</p> <p>Chicken Pot Pie Tossed Romaine Salad Green Beans Peach Slices Buttermilk Biscuit</p>	<p>5-Feb</p> <p>Hamburger or Cheeseburger Tossed Romaine Salad Ranch Potato Wedges Broccoli Salad Pineapple Tidbits</p>	<p>6-Feb</p> <p>Chicken Soft Shell Taco Tossed Romaine Salad Seasoned Pinto Beans Corn Mandarin Oranges</p>	<p>7-Feb</p> <p>Cheese Dunkers & Sauce Tossed Romaine Salad Oven Roasted Squash Pear Slices Sorbet Cup</p>
<p>10-Feb</p> <p>Breaded Chicken Sandwich Tossed Romaine Salad Green Beans Peach Slices Birthday Treat Happy February Birthdays</p>	<p>11-Feb</p> <p>Beef Stroganoff over Noodles Tossed Romaine Salad Peas Pear Slices Sliced Wheat Bread</p>	<p>12-Feb</p> <p>Cheese Pizza Tossed Romaine Salad Assorted Fresh Veggies Pineapple Tidbits Presidential Cookies Abraham Lincoln's Birthday</p>	<p>13-Feb</p> <p>Mini Corn Dogs Tossed Romaine Salad Glazed Carrots Baked Beans Fresh Oranges Wedges</p>	<p>14-Feb</p> <p>♥-Shaped Chicken Nuggets Tossed Romaine Salad Steamed Broccoli Strawberries Cherry Gelatin</p>
<p>17-Feb</p> <p>No School Today</p>	<p>18-Feb</p> <p>Cheese Quesadilla Tossed Romaine Salad Corn Warm Cinnamon Apples Pineapple Tidbits</p>	<p>19-Feb</p> <p>BBQ Pork Sandwich Tossed Romaine Salad Baked Beans Fresh Kiwi Onion Rings</p>	<p>20-Feb</p> <p>Spaghetti & Meatsauce Tossed Romaine Salad Tuscan Blend Vegetables Applesauce Garlic Bread</p>	<p>21-Feb</p> <p>Grilled Chicken Sandwich Tossed Romaine Salad Parsley Potatoes Assorted Fresh Vegetables Pear Slices</p>
<p>24-Feb</p> <p>Orange Chicken Tossed Romaine Salad Steamed Rice Broccoli Fruit Medley</p>	<p>25-Feb</p> <p>Pepperoni Calzone Tossed Romaine Salad Country Mixed Vegetables Fruit Cocktail Chocolate Pudding</p>	<p>26-Feb</p> <p>Scrambled Eggs Pancakes Breakfast Potatoes Pear Slices Sunset Sip Juice</p>	<p>27-Feb</p> <p>Chili over Elbow Noodles Tossed Romaine Salad California Blend Vegetables Fresh Apple Slices Cornbread National Chili Day</p>	<p>28-Feb</p> <p>Crispy Baked Fish & Rye Bread Tossed Romaine Salad Waffle Fries Peach Slices Coleslaw</p>

This institution is an equal opportunity provider.