

Menus

School: Cowgill R-VI School

Academic Year: 2020-21

Meal: All

Month: February 2021

February				
M	Tu	W	Th	F
1 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Cheeseburger, Mixed Veggies & Pears	2 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Groundhog Dog, Winter Beans, Spring Pears & Shadow Brownies	3 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Chicken Taco Salad, Black Beans & Cinnamon Apples	4 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: McRibb Sandwich, Sweet Potatoes & Peaches	5 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Chili, Corn, String Cheese & Applesauce
8 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Applesauce	9 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Corn dog, BBQ Beans & Peaches	10 Breakfast: Donut & Yogurt Juice or Fruit Milk Lunch: Valentine's Dinner Baked Chicken, Sweet Corn, Rolls, Blushing Pears & Heartbreak Cake	11 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Fruit	12
15	16 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Sweet Sour Chicken, Broccoli, Rice & Pineapple	17 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Meatball Sub, Green Beans & Peaches	18 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	19 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Chef Salad, Breadstick & Mandarin Oranges
22 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Pizza, Corn & Applesauce	23 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Creamy Chicken Over Biscuit, Strawberries & Dessert	24 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Shepherd's Pie, Mixed Veggies, Roll & Pears	25 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: BBQ Chicken Sandwich, BBQ Beans & Mandarin Oranges "The USDA is an equal opportunity provider and employer."	26