

BREAKFAST

All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk. *Optional breakfast is cereal, crackers, fruit & milk.

FEBRUARY 2024

Cascade Union Elementary School District

LUNCH

All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit & vegetables

Monday



BREAKFAST: 5
SAUSAGE, EGG & CHEESE BISCUIT
FRUIT

LUNCH:
CHICKEN QUESADILLA
REFRIED BEANS, SALSA
FRUIT

Tuesday



BREAKFAST: 6
BISCUIT & GRAVY
FRUIT

LUNCH:
EGG MCMUFFIN
HASHBROWNS
FRUIT

Wednesday




BREAKFAST: 7
HOMEMADE MUFFIN
STRING CHEESE & FRUIT

LUNCH:
MAC & CHEESE
GREEN BEANS
FRUIT

Thursday

BREAKFAST: 1
EGGS & TOAST
FRUIT

LUNCH:  NEVAEH'S MEATLOAF
SUN CHIPS
MASHED POTATOES & FRUIT

BREAKFAST: 8
EGGS & TOAST
FRUIT

LUNCH:
LOADED POPCORN CHICKEN BOWL
CARROTS
FRESH FRUIT

Friday

BREAKFAST: 2
EGG & CHEESE CROISSANT
FRUIT

LUNCH:
CHICKEN PARMESAN SANDWICH
SALAD
FRUIT

BREAKFAST: 12
SAUSAGE, EGG & CHEESE BISCUIT
FRUIT

LUNCH:
HOMEMADE
BEAN & CHEESE BURRITO
CARROTS & FRUIT

BREAKFAST: 13
BISCUIT & GRAVY
FRUIT

LUNCH:
CHILI & CORNBREAD
POTATO WEDGES
FRUIT

BREAKFAST: 14
HOMEMADE MUFFIN
STRING CHEESE & FRUIT

LUNCH:
SLOPPY JOES
SALAD
FRUIT

BREAKFAST: 15
EGGS & TOAST
FRUIT

LUNCH:
COOKS CHOICE
FRUIT
VEGGIES

BREAKFAST: 16
EGG & CHEESE CROISSANT
FRUIT

LUNCH:
CHICKEN PATTY SANDWICH
VEGGIES & RANCH
FRUIT, BIRTHDAY TREAT

19 20 21 22 23
President's Week- No School


BREAKFAST: 26
SAUSAGE, EGG & CHEESE BISCUIT
FRUIT

LUNCH:
FRENCH TOAST & SAUSAGE
HASHBROWN
FRUIT

BREAKFAST: 27
BISCUIT & GRAVY
FRUIT

LUNCH:
CHICKEN, RICE & BEAN BURRITO
CARROTS
FRUIT

BREAKFAST: 28
HOMEMADE MUFFIN
STRING CHEESE & FRUIT

LUNCH:  NETTEE'S AMAZING SPAGHETTI
ROLL & SALAD
FRUIT

BREAKFAST: 29
EGGS & TOAST
FRUIT

LUNCH:
COOKS CHOICE
FRUIT
VEGGIES



February's Spotlight Recipes are Nevaeh's Meatloaf and Nettee's Amazing Spaghetti.

Menus are subject to change
This institution is an equal opportunity provider.

Happy Birthday to everyone with a birthday in February!
Birthday treat comes with hot lunch only.