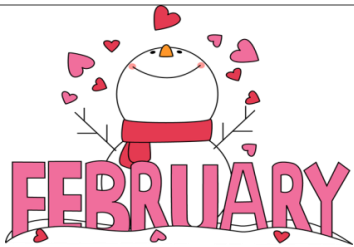

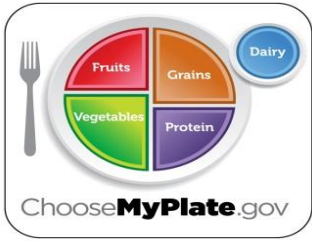




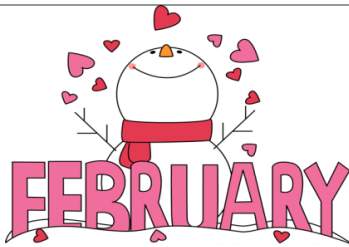


Clear Lake Elementary School Breakfast Menu~ February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you qualify for free lunch, breakfast is FREE! If you qualify for reduced lunch, breakfast is 30 cents. All other student breakfasts \$1.25</p>		<p>Breakfast Served: 8:00 to 8:17 a.m. each school day</p> <p><u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim</p> <p><u>Juice Choices served daily:</u> Apple, Grape, & Orange</p> <p style="text-align: center;">This institution is an equal opportunity provider. <i>Menu Subject to Change.</i></p>		<p>1 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>
<p>4 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>5 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice</p>	<p>6 Breakfast Cereal & Cheese Stick Or Ham & Cheese Bagel Sandwich Fruit Juice Fruit Milk Choice</p>	<p>7 Breakfast Cereal Or Oatmeal Blueberry Or Chocolate Muffin Fruit Juice Fruit Milk Choice</p>	<p>8 Breakfast Cereal Or Donut Holes Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>11 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>12 Breakfast Cereal & Graham Crackers Or Pancakes With Syrup Fruit Juice Fruit Milk Choice</p>	<p>13 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>	<p>♥♥ Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice</p>	<p>15 NO SCHOOL TEACHER IN-SERVICE</p>
<p>18 NO SCHOOL</p>	<p>19 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice</p>	<p>20 Breakfast Cereal & Nutri Grain Bar Or Ham & Cheese Bagel Fruit Fruit Juice Milk Choice</p>	<p>21 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p>22 Breakfast Cereal Or Oatmeal Chocolate Chip “UBR” Fruit Juice Fruit Milk Choice</p>
<p>25 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>26 Breakfast Cereal & Graham Crackers Or Pancake Sausage Stick With Syrup Fruit Juice Fruit Milk Choice</p>	<p>27 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice</p>	<p>28 Breakfast Cereal & Yogurt Or Peanut Butter & Jelly “Uncrustable” Fruit Juice Milk Choice</p>	

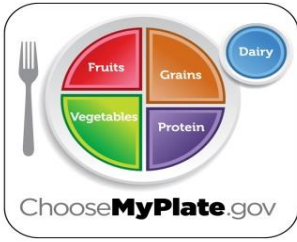

Clear Lake Elementary School Lunch Menu ~ **February** 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adults are encouraged to join their students for lunch @ a cost of \$3.60 per meal. Please pay in the office.</p>		<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u></p> <p>Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo. <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim</p> <p>This institution is an equal opportunity provider. Not all entrée options available for PK students. Menu subject to change</p>		<p>1 Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Steamed Corn Applesauce Mixed Fruit Milk Choice</p>
<p>4 Mini Corn Dogs Or Macaroni & Cheese Potato Wedges Steamed Broccoli Cheese Sauce Sliced Pears Milk</p>	<p>5 Warrior Burger Or Fish Sticks French Fries Baked Beans Applesauce Milk Choice</p>	<p>6 "Oodles of Noodles" With Meat Sauce Or Chicken Alfredo Breadstick Garden Salad Bar Sliced Peaches Milk</p>	<p>7 Mandarin Orange Chicken Or Popcorn Chicken Chow Mein Noodles Rice Green Beans Carrots/Dip Pineapple Fruit Juice Fortune Cookie Milk</p>	<p>8 Ham & Cheese Sub Or PB & J "Uncrustable" Fresh Vegetables Chips Blueberries Mandarin Oranges Milk Choice</p>
<p>11 Turkey & Gravy With Biscuit Or PB & J "Jamwich" Mashed Potatoes Steamed Corn Cranberries Applesauce Milk Choice</p>	<p>12 Pulled Pork Or Breaded Chicken Patty on a Bun Sidewinders Green Beans Slushie Fruit Cup Mixed Fruit Milk Choice</p>	<p>13 Chicken Fajita Wrap Or Yogurt, Cheese Stick, & Muffin Carrots With Dip Black Beans Rice Pineapple Orange Smiles Milk Choice</p>	<p>14 Stromboli Or Calzone Or "Goldfish Bowl" Spaghetti Sauce Vegetables With Dip Grapes Sliced Apples Pudding Cup Milk</p>	<p>15 NO SCHOOL TEACHER IN-SERVICE</p>
<p>18 </p>	<p>19 Pizza Sticks Or Italian Flatbread Spaghetti Sauce Corn Sliced Pears Garden Salad Bar Cookie Milk</p>	<p>20 Taco in a Bag Or Soft-Shell Taco Fixings Refried Beans Sliced Apples Slushie Fruit Cup Milk Choice</p>	<p>21 Hot Ham & Cheese Sandwich Or Warrior Burger French Fries Carrots With Dip Applesauce Blueberries Milk Choice</p>	<p>22 Hot Dog on a Bun Or Meatball Sandwich Tator Tots Baked Beans Cranberries Orange Smiles Milk Choice</p>
<p>25 PB & J "Jamwich" Or Goldfish & Cheese Stick Vegetables With Dip Yogurt Cup Crackers Chicken Noodle Soup Strawberries Milk Choice</p>	<p>26 "Brunch Lunch" Cheese Omelet Sausage Links Dragon Punch Hash brown Muffin Baked Apples Milk</p>	<p>27 Pizza Casserole and Breadstick Or Peanut Butter Sandwich Garden Salad Bar Sliced Apples Milk Choice</p>	<p>28 Sloppy Joe Or Grilled Chicken on a Bun Tator Tots Baked Beans Mandarin Oranges Milk Choice</p>	

Clear Lake High School Breakfast Menu~February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you qualify for free lunch, breakfast is FREE!</p> <p>If you qualify for reduced lunch, breakfast is 30 cents. All other student breakfasts \$1.35</p>		<p><u>Build a Healthy Breakfast!</u></p> <p>May select 1 fruit juice, 1 milk, and a ½ cup serving of fruit. May select 2 Entrée Options (* items count as 2). Entrée Options in blue may be doubled to count as your 2 items. Milk Options: White 1%, White Skim, & Chocolate Skim Juice Options: Apple, Grape, & Orange Menu Subject to Change This institution is an equal opportunity provider.</p>		<p>1 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Cinnamon Roll Pop Tart Sausage Links</p>
<p>4 <u>Entrée Options</u> Cereal Yogurt Muffin French Toast Sticks Cereal Bar Sausage Links</p>	<p>5 <u>Entrée Options</u> Cereal Yogurt Muffin Scooby Bone Crackers Ham & Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>6 <u>Entrée Options</u> Cereal Hard Cooked Egg Muffin Donut Holes Cheese Stick Pop Tart Smoothie</p>	<p>7 <u>Entrée Options</u> Cereal Sausage Links Cereal Bar Yogurt Muffin PB & J “Uncrustable” Oatmeal Bar</p>	<p>8 <u>Entrée Options</u> Cereal Cheese Stick “Gripz” Graham Crackers Cinnamon Roll Nutri Grain Bar Cheese Omelet</p>
<p>11 <u>Entrée Options</u> Cereal Cheese Omelet Cheese Stick Zee Zee Bar Muffin Little John Donut</p>	<p>12 <u>Entrée Options</u> Cereal Yogurt Muffin Nutri Grain Bar “Gripz” Graham Crackers Sausage, Egg, & Cheese Sandwich*</p>	<p>13 <u>Entrée Options</u> Cereal Cheese Omelet Oatmeal Bar Cinnamon Roll Cereal Bar Yogurt</p>	<p> <u>Entrée Options</u> Cereal Cheese Stick Pop Tart Pancake Sausage Stick Cereal Bar Yogurt</p>	<p>15 NO SCHOOL TEACHER IN-SERVICE</p>
<p>18 NO SCHOOL</p>	<p>19 <u>Entrée Options</u> Cereal Cheese Stick Pop Tart Cereal Bar Muffin Ham & Cheese Sandwich*</p>	<p>20 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Donut Holes Cereal Bar Sausage Links</p>	<p>21 <u>Entrée Options</u> Cereal Mini Cinni Scooby Bone Crackers Muffin Oatmeal Yogurt</p>	<p>22 <u>Entrée Options</u> Cereal Sausage Pizza “Gripz” Graham Crackers Yogurt Pop Tart Cheese Stick</p>
<p>25 <u>Entrée Options</u> Cereal Oatmeal Bar Sausage Links Nutri Grain Bar Chocolate Chip “UBR” Cereal Bar Cheese Stick</p>	<p>26 <u>Entrée Options</u> Cereal Yogurt Scrambled Eggs Muffin Little John Donut Scooby Bone Crackers</p>	<p>27 <u>Entrée Options</u> Cereal Zee Zee Bar Muffin Yogurt Canadian Bacon, Egg, and Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>28 <u>Entrée Options</u> Cereal Cheese Omelet Muffin Pancakes Nutri Grain Bar Yogurt Parfait</p>	

Clear Lake High School Lunch Menu ~ **February** 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>‘A la Carte Options: Extra Entrée \$1.75 Cookies, Chips, Or Fruit Snacks \$0.85 Milk \$0.30</p>	 <p>Choose MyPlate.gov</p>	<p><u>Build a Healthy Lunch! We provide “Offer vs. Serve”</u> Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo. <u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim This institution is an equal opportunity provider. <i>Menu Subject to Change</i></p>		<p>1 Chicken Nuggets Or Salisbury Steak Mashed Potatoes/Gravy Dinner Roll Milk Sweet Potato Soufflé Applesauce Mixed Fruit</p>
<p>4 “Brunch Lunch” Cheese Omelet Donut Sausage Links Juice Hash browns Salsa Orange Wedges Milk (Grilled Chicken Salad Option)</p>	<p>5 Warrior Burger Or Pulled Pork Sandwich French Fries Baked Beans Mandarin Oranges Sliced Pears Milk Choice</p>	<p>6 Penne Pasta With Meat Sauce Or Chicken Alfredo Breadstick Caesar Salad Steamed Broccoli Sliced Apples Slushie Fruit Cup Milk</p>	<p>7 Mandarin Orange Chicken Or Chicken Smackers Chow Mein Noodles Rice Green Beans Carrots/Dip Applesauce Pineapple Fortune Cookie Milk</p>	<p>8 Ham & Cheese Or Grilled Chicken Sub Fresh Vegetables Tangy Broccoli Salad Grapes Strawberries Chips Milk</p>
<p>11 Turkey & Gravy/Biscuit Or Peanut Butter Sandwich Mashed Potatoes Steamed Carrots Sliced Pears Craisins Milk Choice</p>	<p>12 Barbeque Chicken, Fish, Or Chicken Patty on a Bun Green Beans Ranch Sweet Potato Fries Or Tator Tots Juice Mandarin Oranges Milk</p>	<p>13 Chicken Fajita, Chicken Strips, Chicken Caesar Salad Or PB & J “Uncrustable” Vegetables/Dip Rice Black Beans Milk Strawberries Pineapple</p>	<p>14 Stromboli Or Bosco Sticks Or Garlic Cheese French Bread Caesar Salad Sliced Peaches Applesauce Pudding Cup Milk</p>	<p>15 NO SCHOOL TEACHER IN-SERVICE</p>
<p>18 </p>	<p>19 Pizza Sticks Or Italian Flatbread Or BBQ Pork Sandwich Corn Garden Salad Apples Cookie Sliced Pears Milk</p>	<p>20 Tacos Or Ham & Cheese Sandwich Fixings Refried Beans Pineapple Tidbits Grapes Milk Choice Slushie Fruit Cup</p>	<p>21 Hot Ham & Cheese Sandwich Or Warrior Burger Potato Wedges/Cheese Sauce Steamed Broccoli Mandarin Oranges Strawberries Milk</p>	<p>22 Hot Dog Or Meatballs on a Bun Tator Tots Baked Beans Applesauce Blueberries Fruit Salad Milk Choice</p>
<p>25 Garlic Cheese French Bread Or Peanut Butter Sandwich Chicken Noodle Soup Vegetables With Dip Marinara Sauce Applesauce Crackers Mixed Fruit Milk</p>	<p>26 Chicken Philly Sub Or Turkey & Cheese Sub Or Or Barbeque Chicken Sub Fresh & Roasted Vegetables Oriental Slaw Craisins Mandarin Oranges Chips Milk Choice</p>	<p>27 Pizza Casserole Or Crispy Chicken Salad Breadstick Apples Steamed Corn Milk Vegetables With Dip Pears Frozen Yogurt</p>	<p>28 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Pineapple Juice Milk Choice</p>	