

February BREAKFAST



Mark West Union School District

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vanilla Concha Cheerios Cereal French Toast Sticks	Bagel w/ Cream Cheese Honey Bunches of Oats Cheerios Cereal Breakfast Burrito (V)	Cinnamon Swirl Cheerios Cereal Honey Bunches of Oats English Muffin Breakfast Sandwich	Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes (V)	Strawberry Yogurt Parfait w/ Granola Cinnamon Chex Cereal Honey Bunches of Oats Egg Scramble & Biscuit
9	10	11	12	13
Holiday No School	Mantecada Muffin Cinnamon Chex Cereal Honey Bunches of Oats	Conchita w/ String Cheese Cheerios Cereal Mini Pancake (V)	Yogurt & Grahams Cinnamon Chex Cereal Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Pancake Sandwich
16	17	18	19	20
President's Day	Bagel w/ Cream Cheese Honey Bunches of Oats Cheerios Cereal	Cinnamon Swirl Cheerios Cereal Honey Bunches of Oats English Muffin Breakfast Sandwich	Vanilla Concha Honey Bunches of Oats Cereal Mini Pancakes (V)	Strawberry Yogurt Parfait w/ Granola Cinnamon Chex Cereal Honey Bunches of Oats Egg Scramble & Biscuit
23	24	25	26	27
Cinnamon Crumble Honey Bunches of Oats Breakfast Apple Hand Pie (V)	Mantecada Muffin Cinnamon Chex Cereal Honey Bunches of Oats Croissant Breakfast Sandwich	Conchita w/ String Cheese Cheerios Cereal Mini Pancake (V)	Smoothie & Granola Cinnamon Chex Cereal Honey Bunches of Oats Stuffed Waffle	Chocolate Chip Muffin Top Honey Bunches of Oats Cheerios Cereal Pancake Sandwich
Breakfast Includes:	Featured Fruit:		RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Blood Oranges		Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	



February LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Hot Dog& Fries Beef Elote Loaded Potatoes Mantecada Muffin Kit w/ Yogurt, String Cheese & Corn (V)	Bean& CheesePupusa w/ Curtido (V) Beef Taco Stick w/ Baby Carrots Chicken Alfredo Pasta w/ Peas Italian Turkey Trio Sandwich	Chicken Teriyaki w/ Rice & Diced Carrots Pizza Bites w/ Marinara Sauce (V) Bean & Cheese Burrito w/ Baby Carrots Turkey & CheeseSub Sandwich	Grilled Cheese w/ Fava Beans Cheese Tamale w/ Black Beans (V) Chicken Salad & Cheese Kitw/ Crispy Beans	Pepperoni Pizza Cheese Pizza (V) Bean & Cheese Burrito Turkey & CheeseSub Sandwich
9	10	11	12	13
Holiday No School	FirecrackerChicken Dumplings w/ Not So Fried Rice Pizza Bites w/ Marinara Sauce (V) Beef Burrito w/ Baby Carrots Cheese PizzaKit (V)	GrilledCheese w/Fava Beans BBQ Chicken w/ Baked Beans VeggieChef Salad (V)	Penne Pastaw/ Meatsauce Grilled Cheese Sandwich (V) Bean & Cheese Burrito w/ Baby Carrots Asian Chicken Salad	Pepperoni Pizza Cheese Pizza (V) Beef Taco Stick Turkey&Cheese Sub Sandwich
16	17	18	19	20
President's Day	Chicken Tamale w/Mixed Veg Mac & Cheese w/ Mixed Veg (V) Beef Taco Stick w/ Baby Carrots Turkey & Cheese SubSandwich	Chicken Teriyakiw/ DicedCarrots & Not So Fried Rice Cheese Lasagna (V) Bean & CheeseBurrito w/ Baby Carrots Cheese Pizza Kit (V)	Turkey Nachos w/ TortillaChips Grilled Cheese w/ Fava Beans VeggieChef Salad (V)	Pepperoni Pizza Cheese Pizza (V) Beef Burrito BYO SeedbutterSandwich (V)
23	24	25	26	27
Crispy Chicken Sandwichw/ Fries Cheeseburger & Fries Mantecada Muffin Kit w/ Yogurt, String Cheese & Corn (V)	Bean & CheesePupusaw/ Curtido (V) Chicken Alfredo Pasta w/ Peas Beef Taco Stick w/ Baby Carrots Italian Turkey Trio Sandwich	Chicken Teriyaki w/Rice & Diced Carrots Pizza Bites w/ Marinara Sauce (V) Bean & Cheese Burrito w/ Baby Carrots Turkey & Cheese Sub Sandwich	Beef Taco Stick w/Fava Beans Cheese Tamale w/ Black Beans (V) Grilled Cheese Sandwich w/ Fava Beans Chicken Salad & Cheese Kit w/ Crispy Beans	Pepperoni Pizza Cheese Pizza (V) Beef Burrito Turkey & Cheese Sub Sandwich
Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *Allgrainsarewholegrainrich	Monday: French Fries/ Corn Tuesday: Crispy Beans Wednesday: Baby Carrots Thursday: Cucumber / Celery Friday: Side Salad w/ Dressing	Apples, Apple Slices, Bananas, Dried Cranberries, Pears, Raisins, 100% Juice Seasonal: Tangerines	Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

