



DEER LAKES
SCHOOL DISTRICT
Today's Leaders. Tomorrow's Leaders



ELEMENTARY K-5
FEBRUARY
MENU



AVAILABLE DAILY

ALTERNATE LUNCH ENTREE ITEMS

ITALIAN HOAGIE
PEANUT BUTTER AND JELLY SANDWICH
CHEF'S SALAD

CHOICE OF MILK/JUICE

FAT FREE, 1% WHITE, 1% CHOCOLATE,
1% STRAWBERRY, & 1% VANILLA MILK
ASSORTED 100% FRUIT JUICE

BREAKFAST

ASSORTED CEREAL, POPTARTS, MUFFINS, AND MUFFIN TOPS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| <p>FUN FOOD FACTS</p> <ul style="list-style-type: none"> There are more than 1,000 species of banana. We eat only one of them. Pistachios are actually the seeds of a fruit (the outer fruit is removed during processing). In the U.S., as much as 40% of produce grown is never sold or eaten because it is too ugly. The average American spends US\$ 7,852 on food every year. The World's Most Popular Fruit is the TOMATO. Crete has 40 million olive trees, around 60 per inhabitant. | | Feb. 1 st | Feb. 2 nd | Feb. 3 rd |
| | | <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Mini Corn Dog Nuggets Steam Green Beans Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch General Tso's Chicken Bowl Steamed Rice Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Homemade Plain Pizza Waffle Fries Assorted Fruit Choice of Vegetable</p> |
| Feb. 6 th | Feb. 7 th | Feb. 8 th | Feb. 9 th | Feb. 10 th |
| <p>Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chicken Tenders French Fries Assorted Fruit Choice of Vegetable</p> | <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Super Nachos Steamed Corn Assorted Fruit Choice of Vegetable</p> | <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Breakfast for Lunch!! French Toast Sticks Bacon & Hashbrowns Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chili Cheese Dog Emoticon Fries Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Homemade Plain Pizza Waffle Fries Assorted Fruit Choice of Vegetable</p> |



PRFSD
Pittsburgh Regional Food Service Directors



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|--|--|---|--|--|
| Feb. 13 th | Feb. 14 th | Feb. 15 th | Feb. 16 th | Feb. 17 th |
| <p>Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p>Lunch Baked Potato Bar Steamed Fresh Snap Peas Assorted Fruit Choice of Vegetable</p> | <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Boneless Chicken Wings Sweet Potato Fries Assorted Fruit Choice of Vegetable</p> | <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Hot Roast Beef Sandwich Roasted Red Potatoes Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chicken Quesadilla Refried Beans & Corn Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Homemade Plain Pizza Waffle Fries Assorted Fruit Choice of Vegetable</p> |
| Feb. 20 th | Feb. 21 st | Feb. 22 nd | Feb. 23 rd | Feb. 24 th |
| <p>NO SCHOOL</p>  | <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Chicken Nuggets Tater Tots Assorted Fruit Choice of Vegetable</p> | <p>Breakfast WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p>Lunch Grilled Cheese Sandwich Tomato Soup Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p>Lunch Lancer Bowl Mashed Potatoes w/ Gravy and Corn Assorted Fruit Choice of Vegetable</p> | <p>Breakfast Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p>Lunch Homemade Plain Pizza Waffle Fries Assorted Fruit Choice of Vegetable</p> |
| Feb. 27 th | Feb. 28 th |  <p>Eligibility Benefits Parents can send in applications for Free and Reduced meals within minutes.</p> <p>Payments Parents can easily review account balances and make payments.</p> | | |
| <p>Breakfast Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p>Lunch Hot Ham and Cheese on a Pretzel Bun Shoe String French Fries Assorted Fruit Choice of Vegetable</p> | <p>Breakfast WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p>Lunch Corn Dog on a Stick Steamed Broccoli Assorted Fruit Choice of Vegetable</p> | | | |