

# Nekoosa School District Breakfast/Lunch Calendar

# February 2010

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Chicken Nuggets Buttered Noodles Peas Bread Tray Peaches <b>NHS ALTERNATE</b> Corn Dog	<b>2</b> <b>BREAKFAST</b> Yogurt/Fruit <b>LUNCH</b> Chili String Cheese Relish Tray Bread Tray Grapes <b>NHS ALTERNATE</b> Sub Sandwich 	<b>3</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Cheese Omelet Hash Brown Cinnamon Toast Applesauce <b>NHS ALTERNATE</b> Breakfast on a Stick	<b>4</b> <b>BREAKFAST</b> String Cheese/Fruit <b>LUNCH</b> Turkey Stacker on a Bun French Fries Green Beans Pears <b>NHS ALTERNATE</b> Cheeseburger on Bun	<b>5</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Mini Corndogs Green Beans French Fries Bread Peaches <b>NHS ALTERNATE</b> Chicken Nuggets
<b>8</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Spaghetti Salad Garlic Toast Fruit Cocktail <b>NHS ALTERNATE</b> Mozzarella Dippers	<b>9 NO BAR</b> <b>BREAKFAST</b> Waffle <b>LUNCH</b> Nacho Supreme Corn Bread Apple <b>NHS ALTERNATE</b> Chicken Fajita	<b>10</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Chicken Noodle Soup Asst. Sandwiches Relish Tray Cantaloupe <b>NHS ALTERNATE</b> Macaroni & Cheese	<b>11</b> <b>BREAKFAST</b> Nutrigrain Bar <b>LUNCH</b> BBQ on a Bun Tater Tots Carrots Grapes <b>NHS ALTERNATE</b> Chicken Sandwich	<b>12</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Pizza Salad Garlic Bread Oranges <b>NHS ALTERNATE</b> Chicken Strips
<b>15</b> <b>NO SCHOOL</b> 	<b>16</b> <b>BREAKFAST</b> Muffin <b>LUNCH</b> Burger on a Bun French Fries Baked Beans Fruit Cocktail <b>NHS ALTERNATE</b> Hot Dog on a Bun	<b>17</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Tomato Soup Grilled Cheese Relish Tray Apples/Oranges <b>NHS ALTERNATE</b> Grilled Ham & Cheese	<b>18</b> <b>BREAKFAST</b> English Muffin <b>LUNCH</b> Ham Stacker on a Bun Wedges Broccoli & Cauliflower w/ Cheese Pineapple <b>NHS ALTERNATE</b> Chicken Sandwich	<b>19</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Macaroni & Cheese PBJ or Tuna Sandwiches Relish Tray Strawberries <b>NHS ALTERNATE</b> Chicken Noodle Soup
<b>22</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Pancake Sausage Hashbrown Applesauce <b>NHS ALTERNATE</b> Egg & Cheese on a Biscuit	<b>23 NO BAR</b> <b>BREAKFAST</b> Bagel <b>LUNCH</b> Chicken Fajita Corn Bread Peaches <b>NHS ALTERNATE</b> Softshell Taco	<b>24 NO BAR</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Sub Sandwich Chips Relish Tray Pickle Grapes <b>NHS ALTERNATE</b> Pizza	<b>25</b> <b>BREAKFAST</b> Oatmeal <b>LUNCH</b> Macaroni Ground Beef Hotdish Green Beans Dinner Roll Apple <b>NHS ALTERNATE</b> Ham Slice	<b>26</b> <b>BREAKFAST</b> Cereal/Toast/Fruit <b>LUNCH</b> Cheese Fries Salad Garlic Bread Oranges <b>NHS ALTERNATE</b> Chicken Strips

**Health Tip: Get moving! Be active every day**  
 Just like a bike may become rusty if it is not used for some time, our muscles and bones need to be kept moving too. Activity is needed to keep your heart healthy and your bones strong. It can also be good fun. Try to include some form of activity in every day: it may be just walking to school and running up the stairs. Every extra step adds up to good health!

HOT LUNCH PRICES		
<b>Breakfast</b>	<b>Per Day</b>	<b>February—19 Days</b>
Grades K-12	\$1.25	\$23.75
Adults	\$2.00	\$38.00
<b>Lunch</b>	<b>Per Day</b>	<b>February—19 Days</b>
Grades K—3	\$2.00	\$38.00
Grades 4-8	\$2.20	\$41.80
Grade 9—12	\$2.40	\$45.60
Adults	\$3.00	\$57.00