



This Institution is an Equal Opportunity Provider  
[www.mvwsd.org](http://www.mvwsd.org)

**Breakfast:**  
 Fresh Baked Whole Grain Muffins,  
 Bagel & Lite Cream Cheese, Fresh Baked Whole  
 Grain Scones, Hot Ham & Cheese on Croissant,  
 Pancakes,  
 Reduced Sugar Cereal Cup with graham Cracker  
 Fresh Fruit and Fat Free or 1% Low Fat Milk

**Menu Symbols**  
 (V)...All Entrees in green are  
 vegetarian.  
 Blue entrees have pork in  
 them ( pepperoni has beef  
 and pork).  
 WW - Whole Wheat

**Lunch Menu**

**Breakfast** Lunch  
 Paid - \$2.50 Paid - \$3.50  
 Reduced - \$0.30 Reduced - \$0.40  
 Adults - \$3.00 Adults - \$4.50

For students with nut allergies, we do not serve peanut butter or nut-related products at any of our schools.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Free/Reduced-priced Meal Applications Online:</b> There is a simple way for you to apply for free &amp; reduced meals for your students. Approval quick &amp; private. Go to the web site: <a href="http://EZMEALAPP.com">EZMEALAPP.com</a>, for our online meal application.                      Paper applications area available in your school office.</p> <p>We highly encourage you to pre pay for your meals online. Go to the web site: <a href="http://EZXCHOOLPAY.com">EZXCHOOLPAY.com</a>. Please make sure you have your student</p>				
<p>4-Feb  <b>Breakfast for Lunch</b>                      Waffles &amp; Hash brown                      w/ Turkey Sausage                       Cheese Pizza (v)                       1% or Fat Free Milk</p>	<p>5-Feb  <b>Street Tacos</b>                      Chicken, Cheese, salsa                      Spanish Rice                       Stuffed Cheese Sticks                      w/ Marinara Sauce Cup (V)                      Turkey &amp; Cheese Sandwich                      1% or Fat Free Milk</p>	<p>6-Feb  <b>Baked To Order Fresh Pizza</b>                      Cheese (V)                      Hawaiian (Pork)                      Pepperoni ( Beef &amp; Pork)                       Turkey &amp; Cheese Sandwich                      1% or Fat Free Milk</p>	<p>7-Feb                      Broccoli Beef                      Steamed Rice                       Hummus &amp; Veggie Platter (v)                      w/ WG Tortilla Chips                       Turkey &amp; Cheese Sandwich                      1% or Fat Free Milk</p>	<p>8-Feb                      Creamy Mac &amp; Cheese(V)                      Fresh Baked Bread Stick                       French Bread Pizza(V)                       Turkey &amp; Cheese Sandwich                       1% or Fat free Milk</p>
<p>11-Feb  <b>Breakfast for Lunch</b>                      French Toast Sticks                      Turkey Sausage &amp; Hash brown                       Cheese Pizza (v)                       1% or Fat Free Milk</p>	<p>12-Feb  <b>Bean &amp; Cheese Nachos</b>                      w/ WG Tortilla Chips (V)                       Stuffed Cheese Sticks                      w/ Marinara Sauce Cup (V)                      Hoagie Sandwich                      1% or Fat Free Milk</p>	<p>13-Feb  <b>Baked To Order Fresh Pizza</b>                      Cheese (V)                      Hawaiian (Pork)                      Pepperoni ( Beef &amp; Pork)                       Hoagie Sandwich                      1% or Fat Free Milk</p>	<p>14-Feb                      Sesame Chicken                      w/ Noodles &amp; Veggies                       Hard Boiled Egg Bento Box                       Valentine Cookie                      Hoagie Sandwich                      1% or Fat Free Milk</p>	<p>15-Feb                      Chicken Alfredo Pasta                      w/ Breadstick                       French Bread Three Cheese                      Pizza ( V)                      Hoagie Sandwich                      1% or Fat Free Milk</p>
<p>18-Feb                      Presidents Day   <b>Breakfast for Lunch</b>                      Whole Grain Pancakes                      Turkey Sausage &amp; Hash Brown                       Cheese Pizza (v)                       1% or Fat Free Milk</p>	<p>19-Feb  <b>Mini Shredded Pork Sliders</b>                      Potato Wedges                       Stuffed Cheese Sticks                      w/ Marinara Sauce Cup (V)                      Turkey Sandwich                      1% or Fat Free Milk</p>	<p>20-Feb  <b>Baked To Order Fresh Pizza</b>                      Cheese (V)                      Hawaiian (Pork)                      Pepperoni ( Beef &amp; Pork)                       Turkey Sandwich                      1% or Fat Free Milk</p>	<p>21-Feb                      Chicken Strips                      Smiley Face Baked fries                       Hummus &amp; Veggie Platter                      w/ WG Tortilla Chips (v)                       Turkey Sandwich                      1% or Fat Free Milk</p>	<p>22-Feb                      Spaghetti &amp; Turkey Meatballs                      w/ Breadstick                       French Bread Three Cheese                      Pizza (v)                       Turkey Sandwich                      1% or Fat Free Milk</p>
<p>25-Feb  <b>MONDAY FAVORITE</b>                      Chicken Patty on Wheat Bun</p>	<p>26-Feb  <b>TUESDAY FAVORITE</b>                      Charbroiled Burger</p>	<p>27-Feb  <b>WEDNESDAY FAVORITE</b>                      Assorted Fresh Made Pizza</p>	<p>28-Feb  <b>THURSDAY FAVORITE</b>                      100% Hot Dog W Bun</p>	<p>1-Mar  <b>FRIDAY FAVORITE</b>                      WG Chicken Nuggets</p>

Favorites are served with the fresh side of the day, Vegetable/fruit Bar, and milk choice.

A complete lunch includes an entree supplying protein, grain, vegetables, fruit and 1% or fat free milk. USDA requires that a student select 3 to 5 different components. A cold vegetable /fresh fruit bar is available daily, on which we feature a variety of veggies and fruits including locally grown when seasonally available. We offer deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional choices.

February Seasonal Fruits and Vegetables  
 Pears, Kiwi, Mandarins, Pink Lady Apples, Oranges



The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.