

FEBRUARY

F.L. Moffett Menu

Questions or Comments?

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Monthly Promotion

February 14th - Valentine's Day



Did you know?

The heart does more physical work than any other muscle in the body. Take care of your heart by staying active, filling up on fruits and veggies, and saving salty snacks and sweets for special occasions.

Fresh Fruit & Vegetable Bar Served Daily!



SFE This institution is an equal opportunity provider.

Monday



Tuesday



Wednesday

Thursday

Friday

5 Breakfast
Golden Pancakes

Lunch
*Cheesy Nachos
Crispy Corn Dog
Steamed Veggies

6 Breakfast
Eggs / Toast

Lunch
Grilled Cheeseburger
*Sun Butter/Jelly Sandwich
Baked Beans

7 Breakfast
Breakfast on a Stick

Lunch
Spaghetti/Meatballs
Chicken Alfredo
Steamed Carrots

8 Breakfast
Golden Sausage Roll

Lunch
Ham & Cheese Wrap
Hot Dog
Steamed Broccoli

9 Breakfast
Blueberry Waffles

Lunch
Chicken Nuggets
Country Fried Steak
Mashed Potatoes

12 Breakfast
Breakfast on a Stick

Lunch
Juicy Hamburger
Turkey & Cheese Sub
Spicy Green Beans

13 Breakfast
Sausage Biscuit

Lunch
Fish Nuggets
Hot Dog
Baked Beans

14 Breakfast
French Toast Sticks

Lunch
Ham & Cheese Wrap
Crispy Corn Dog
Steamed Carrots

15 Breakfast
Eggs/ Toast

Lunch
Chicken Alfredo
Spaghetti/Meatballs
Steamed Broccoli

16 **STUDENT HOLIDAY**

19 **STUDENT HOLIDAY**

20 Breakfast
Chicken Biscuit

Lunch
Chicken Nuggets
Juicy Hamburger
Yellow Corn

21 Breakfast
Breakfast Pizza

Lunch
Fish Filet
Zesty Orange Chicken
Spicy Green Beans

22 Breakfast
Biscuits & Gravy

Lunch
Juicy Hot Dog
Italian Wrap
Steamed Carrots

23 Breakfast
Yogurt Parfait

Lunch
*Cheesy Nachos
Chicken Sandwich
Charro Beans

26 Breakfast
Golden Pancakes

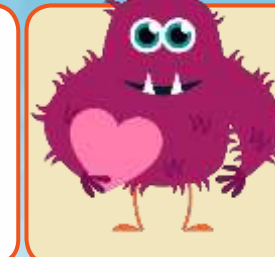
Lunch
Juicy Hot Dog
Turkey/Cheese Sandwich
Baked Beans

27 Breakfast
Eggs/ Toast

Lunch
Chicken Nuggets
Spaghetti/Meatballs
5 Way Mixed Veggies

28 Breakfast
Breakfast on a Stick

Lunch
Grilled Cheese
*Lemon Fish Filet
Steamed Broccoli



Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast

Breakfast Meal Price: Paid Free / Reduced Free Lunch Meal Price: Paid \$2.55 / Reduced \$0.40 Adult Meal Price: \$3.55