

# WHS/EBIS SCHOOL - FEBRUARY 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Meal Prices:</b> Breakfast: \$2.20 Reduced: \$0.45 Lunch: \$3.30 Reduced: \$0.45	***BREAKFAST***					
	Bagel Cream Cheese Fresh Fruit Fruit Juice/Milk	Ham, Egg, & Cheese Slider Bun Fruit Cup Fruit Juice/Milk	Baked Oatmeal Blueberries Fruit Cup Fruit Juice/Milk	French Toast Casserole Breakfast Sausage Fruit Cup Fruit Juice/Milk	Yogurt Parfait Muffins Fresh Fruit Fruit Juice/Milk	
<b>Breakfast Components:</b> Grain 1 oz Fruit 1 cup Low Fat Milk 8 oz	***LUNCH***					
<b>Lunch Components:</b> Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz						
			1 Mac & Cheese Chopped Salad Orange Slices Milk	2 White Chicken Chili Corn Fruit Cup Milk	3 Deep Dish Pizza Chopped Salad Grapes Milk	
<b>Lunch Components:</b> Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz	6 Chili Mac Carrots Apple Sauce Milk	7 Beef & Bean Nachos Corn Pico de Gallo Milk	8 Baked Ziti Broccoli Grapes Milk	9 Pulled Pork Sandwich Cole Slaw Fruit Cup Milk	10 HALF DAY	
Everyday Vegetarian Option is: PBJ Sandwich or Salad	13 Cheesey Bread Broccoli Grapes Milk	14 Chicken Nachos Corn Orange Slices Milk	15 Chicken Broccoli Bake Chopped Salad Fruit Cup Milk	16 Waffles w/ Syrup Sausage Patty Fruit Cup Milk	17 NO SCHOOL Milk	<b>Sandwich Board</b> Black Bean Burger Black Forest Ham Italian Combo PBJ Salami/Pepperoni Smoked Turkey
<b>FOOD ALLERGIES???</b> Please alert the School Nurse of any food allergies your child may have.	20 NO SCHOOL Milk	21 Cheese Nachos Chopped Salad Grapes Milk	22 Chicken Biscuit Bake Chopped Salad Orange Slices Milk	23 Sloppy Joe's French Fries Fruit Cup Milk	24 Pepperoni Pizza Chopped Salad Fruit Cup Milk	Coming Soon.... Hot Soups to warm you up!
Free & Reduced Lunch Applications are available at school or on the District Website	27 Chicken/Ham Patty Green Beans Fruit Cup Milk	28 Taco Casserole Pico de Gallo Grapes Milk				<b>Salad of the Week</b> We will send out an email each week!
Questions/Comments? Please call Danny Trotter Food Service Director at 845-373-4100 X 4405						

**Parents/Guardians!!!**  
 MySchoolBucks.com makes it easy and convenient to manage your child's meal payments!  
 Scan the code to visit the website to learn more!



**Sandwich Board**  
 Black Bean Burger  
 Black Forest Ham  
 Italian Combo  
 PBJ  
 Salami/Pepperoni  
 Smoked Turkey

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 Hot Soups to warm you up!

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