**February 2020 Menu**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Student Breakfast | **NO COST** | **Be My Valentine** | **LOVE** | **Valentine’s Day** | **Piglet:** “How do you spell love?”  
**Pooh:** You don’t spell it. You feel it.” |
| Adult Breakfast | $2.30 | Cheesy Potato Wedges  
Chili Beans  
*Fresh Green Apple* | Diced Chicken Taco  
Jicama Sticks  
*Fresh Kiwi* | Meatball Sandwich  
Steamed Green Beans  
*Fresh Orange* | Corn Dog  
Vegetable Medley  
*Assorted Fruit* |
| Student Lunch | **NO COST** | Cheese Pizza  
*Assorted Fruit* | Mini Pepperoni Pizza  
Celery and Carrot Sticks  
*Fresh Pear* | President’s Day  
No School |
| Extra Student Milk | 30 | Cheese Fries  
*Assorted Fruit* | | | |
| Adult Lunch | $3.85 | Orange Chicken  
Steamed Rice  
*Fresh Green Apple* | Turkey Hot Dog  
Black Bean Salad  
*Fresh Kiwi* | Heart Shaped  
Chicken Nuggets  
Steamed Peas  
Heart Cookie  
Valentine’s Icee |
| Check out our Nutrition Service Website for information and important links at: | | Orange Chicken  
Steamed Rice  
*Glazed Carrots*  
*Fresh Green Apple* | Spaghetti with Meat Sauce  
Bread Stick  
Green Beans  
*Fresh Orange* | | |
| [http://www.vesd.net/departments/administrative_services/nutrition_services](http://www.vesd.net/departments/administrative_services/nutrition_services) | Fresh Salad Bar  
Served Daily | Turkey Hot Dog  
Black Bean Salad  
*Fresh Kiwi* | | | |
| Salad Bar Served Daily  
We serve only  
Whole Wheat Bread and Tortillas | | | | | |
| **3** | **4** | **5** | **6** | **7** | **8** |
| **Fresh Salad Bar**  
**Served Daily** | | | | | |
| **9** | **10** | **11** | **12** | **13** | **14** |
| **15** | **16** | **17** | **18** | **19** | **20** |
| **21** | **22** | **23** | **24** | **25** | **26** |
| **27** | **28** | **29** | **30** | **31** | **32** |

-Meal items subject to change without prior notice**- In accordance with Federal law and United States Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability.  
- **Milk Variety:** 1% white milk or Non-fat Chocolate milk  
- **Menu Nutritional Information Available Online @ [www.VESD.Net](http://www.VESD.Net)**