

February 2017

Tamworth Tigers Cub Café

LUNCH



School Information:

*LF & Skim milk served with all meals.
Hearty breakfast offered every morning.
Fresh fruit or vegetable available to all students daily.*

USDA & this school are equal opportunity employers.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

*Good nutrition and Healthy Lifestyle choices for our students.
Making a difference one bite at a time!*



Monday

Let's help students to perform better every day, by making sure they eat a healthy breakfast at home or at school.

Tuesday

February is the shortest month of the year!



Wednesday

Thursday

Friday

6
Creamy Chicken Alfredo
Fresh Broccoli
Dinner Roll
Fruit

7
Cheese Burgers
French Fries
Mixed Veggies
Fruit

8
BBQ Chicken
Macaroni Salad
WG Roll
Carrots/Fruit

9
Vegetable Barley Soup
Corn Bread
Fresh Salad
Fruit

10
Pizza Party
WG Pepperoni Pizza
Fresh Salad
Fruit

13
Blueberry Pancakes
Sausage
Roasted Veggies
Applesauce

14
Happy Valentines Day
Beef Taco
Salad Bar
Mexican Rice
Fruit

15
Spaghetti & Marinara Sauce
Green Beans
Garlic Bread
Fruit

16
Beans and Corn Dogs
Veggie Sticks
Homemade Bread
Fruit

17
Pizza Party
WG Cheese Pizza
Fresh Salad
Fruit

20
No School

21
No School

22
No School

23
No School

24
No School

27
Chicken Burger
French Fries
Veggie Sticks
Fruit

28
Cheese Quesadilla
Salad Bar
Herbed Rice
Fruit

Alternates:
2/1-2/3: Egg Salad Sandwich
2/6-2/10: Turkey Sandwich
2/13-2/17: Ham Sandwich
2/27-2/28: Tuna Salad Sandwich



Pay for meals on line:

MySchoolBucks.com