



FEBRUARY 2022

Cold Springs School

Pre-K lunch offered with 1% or fat free white milk only
Kindergarten Lunch offered white milk or chocolate milk
Lactaid milk available upon request
Milk with home lunch costs \$.50(fifty cents)

Breakfast & Lunch are FREE

Monday

Tuesday

Wednesday

Thursday

Friday

LUNCH

Munchie Basket

Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit

Alt: 2oz WG bagel w/cream cheese, 4oz yogurt

LUNCH

Spaghetti & Meatballs,

Served with Vegetables
Fruit

Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick

LUNCH

Pizza Thursday,

Cheese Pizza, Veggie Sticks & dip
School baked WG Treat

Alt: 4oz Yogurt cup & WG snack with Veggie Sticks & dip

LUNCH

Burger Day:

Whole Grain roll, Lettuce, Tomato, Pickles, chips

Alt: Deli Sandwich & Cheese stick, WG snack

LUNCH

Fish Sticks Monday

Oven fries, tartar sauce

Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit

LUNCH

Corn Dogs, Baked Beans

& Veggie sticks & Dip
Fruit

Alt: 2oz WG bagel w/cream cheese, 4oz yogurt

LUNCH

Mac & Cheese

Served with Vegetables
Fruit

Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick

LUNCH

Pizza Thursday,

Cheese Pizza, Veggie Sticks & dip
School baked WG Treat

Alt: 4oz Yogurt cup & WG snack with Veggie Sticks & dip

LUNCH

Chicken patty

Whole Grain roll, Lettuce, Tomato, Pickles, chips

Alt: Deli Sandwich & Cheese stick, WG snack

LUNCH

Chicken Tenders with Butter Noodles & Vegetables
Fruit

Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit

LUNCH

Breakfast for Lunch

Sausage, French Toast Sticks, Hash browns, & Fruit

Alt: 2oz WG bagel w/cream cheese, 4oz yogurt

LUNCH

Pasta with Chicken

Alfredo Sauce
Served with Broccoli & Fruit

Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick

LUNCH

Pizza Thursday,

Cheese Pizza, Veggie Sticks & dip
School baked WG Treat

Alt: 4oz Yogurt cup & WG snack with Veggie Sticks & dip

LUNCH

Hot Dogs on WG Bun, vegetarian baked beans & Fruit

Alt: Deli Sandwich & Cheese stick, WG snack

No School

February
Recess

No School

February
Recess

No School

February
Recess

No School

February
Recess

No School

February
Recess

LUNCH

Warm WG Pretzel & Cheese

Served with mixed veggies
Fruit

Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit



Menu is subject to change.

Morning Pre-k can receive Breakfast from this menu.

Afternoon Pre K can receive Alternative lunch option choice from this menu

School entrée alternative listed on this menu includes Veggies, fruit & milk

This institution is an equal opportunity provider

Breakfast Choices: Monday: Muffin or Roll, Tuesday: Chef's Choice, Wednesday: Quick Bread, Thursday: WG Pastry, Friday: Multi Grain Breakfast Bar: **All juice is 100% juice, each breakfast comes with ½ cup fruit, fruit Juice & or milk & All options are made using Whole Grain**