



FEBRUARY 2022 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL

OFFER VS. SERVE:

CAFETERIA MUST OFFER ALL 5 MEAL COMPONENTS:

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE & AT LEAST 2 OTHER COMPONENTS (TOTAL OF 3)
STUDENTS MAY CHOOSE UP TO ALL 5 COMPONENTS. 9-12 GRADES MAY CHOOSE 2 FRUITS & 2 VEGETABLES

SALAD BAR, YOGURT/CHEESESTICK OR PEANUT BUTTER AND JELLY AVAILABLE EVERYDAY

MENU SUBJECT TO CHANGE

	<p>FEB. 1</p> <p>Mac and cheese Whole grain roll Steamed carrots Fruit M-fat free choc, 1%</p>	<p>FEB. 2</p> <p>Scalloped potatoes and ham Whole grain roll Steamed broccoli Fruit M-Fat free choc,.1%</p>	<p>FEB. 3</p> <p>Beef nachos with cheese, salsa, sour cream Whole grain tortillas Fiesta black bans Fruit M-fat free chock, 1%</p>	<p>FEB. 4</p> <p>Roast turkey with gravy Mashed potatoes Steamed green beans Fruit M-fat free choc, 1%</p>
<p>FEB. 7</p> <p>Grilled chicken sandwich w/ cheese Whole grain bun Baked French fries Fruit M-Fat free choc, 1%</p>	<p>FEB. 8</p> <p>Taco bowl w/ sour cream, cheese, salsa Steamed brown rice Black bean/ corn salad Fruit M-Fat free choc, 1% or skim</p>	<p>FEB. 9</p> <p>Buffalo chicken wraps with cheese Whole grain tortillas Cucumber salad Fruit M- Fat free choc, 1%</p>	<p>FEB. 10</p> <p>Meatball subs Whole grain roll Steamed carrots Fruit M-Fat free choc, 1%</p>	<p>FEB. 11</p> <p>Cheese/ white pizza with broccoli Whole grain crust Steamed broccoli Fruit M-Fat free choc, 1% or skim</p>
<p>FEB. 14</p> <p>Herb roasted chicken Whole grain roll Carrots Fruit M- fat free choc or 1%</p>	<p>FEB. 15</p> <p>Fish sandwich with cheese and tartar sauce Whole grain bun Sunchips Pickles. Olives Fruit M-fat free choc or 1%</p>	<p>FEB. 16</p> <p>Grilled cheese Whole grain bread Broccoli/ cheese soup Fresh fruit M-fat free choc or 1%</p>	<p>FEB. 17</p> <p>Breakfast casserole with eggs, cheese and ham Whole grain bread Roasted potatoes Applesauce M-fat free choc or 1%</p>	<p>FEB. 18</p> <p>Chili with beans and cheese Whole grain corn muffin Fruit M- fat free choc or 1%</p>
<p>FEB 21</p> <p>No school</p>	<p>Feb 22</p> <p>No school</p>	<p>FEB 23</p> <p>No school</p>	<p>FEB 24</p> <p>No school</p>	<p>FEB 25</p> <p>No school</p>
<p>FEB. 28</p> <p>Hot day Whole grain bun Baked beans Fruit M-fat free choc, 1%</p>				