

**CWL ELEMENTARY - LUVERNE BUILDING
FEBRUARY BREAKFAST AND LUNCH MENU**

MONDAY, FEBRUARY 1

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: TACO SOUP WITH WHOLE GRAIN CORN CHIPS, FRESH BROCCOLI, CORN, PEARS, MILK

TUESDAY, FEBRUARY 2

BREAKFAST: SAUSAGE GRAVY OVER BISCUITS, SCRAMBLED EGGS, ORANGE WEDGES, JUICE, MILK
LUNCH: WHOLE GRAIN CORN DOG, GARDEN SALAD, TRI-TATER, PEAS, APPLES, MILK

WEDNESDAY, FEBRUARY 3

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: BEEF AND NOODLES, MASHED POTATOES, BABY CARROTS, PINEAPPLE TIDBITS, MILK

THURSDAY, FEBRUARY 4

BREAKFAST: EGG SAUSAGE PATTY, WHEAT TOAST WITH JELLY, PEACHES, JUICE, MILK
LUNCH: CHICKEN QUESADILLA, SALSA WITH WHOLE GRAIN CORN CHIPS, REFRIED BEANS, ORANGE WEDGES, MILK

FRIDAY, FEBRUARY 5

BREAKFAST: CINNAMON BUN, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK
LUNCH: COWBOY CAVATINI, TOSSED SALAD, GREEN BEANS, BREADED CHEESE STICK, BANANA, MILK

~~~~~  
MONDAY, FEBRUARY 8

BREAKFAST: EGG OMELET, MUFFIN, MANDARIN ORANGES, JUICE, MILK  
LUNCH: CHICKEN TETRAZZINI, TOSSED SALAD, STEAMED CARROTS, WHOLE GRAIN BREADSTICK, STRAWBERRIES, MILK

TUESDAY, FEBRUARY 9

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, APPLESAUCE, JUICE, MILK  
LUNCH: MR. RIB ON A BUN, LETTUCE AND TOMATO, TRI-TATER, GREEN BEANS, MIXED FRUIT, MILK

WEDNESDAY, FEBRUARY 10

BREAKFAST: CEREAL, POPTART, BANANA, JUICE, MILK  
LUNCH: LASAGNA, GARDEN SALAD, WHOLE GRAIN FRENCH BREAD, APPLESAUCE, MILK

THURSDAY, FEBRUARY 11

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGE WEDGES, JUICE, MILK  
LUNCH: CHICKEN DRUMSTICK, MASHED POTATOES, FRESH BROCCOLI, CORN, WHOLE GRAIN BREAD AND BUTTER, PEACHES, MILK

FRIDAY, FEBRUARY 12

BREAKFAST: YOGURT PARFAIT, GRANOLA, STRAWBERRIES AND BLUEBERRIES, JUICE, MILK  
LUNCH: SLOPPY JOE ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, GRAPES, MILK

~~~~~  
MONDAY, FEBRUARY 15

BREAKFAST: BREAKFAST PIZZA, MIXED FRUIT, JUICE, MILK
LUNCH: WEINER WINKS, POTATO WEDGES, BROCCOLI WITH CHEESE, MANDARIN ORANGES, ORANGE JELLO, MILK

TUESDAY, FEBRUARY 16

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN WRAP, TOMATO AND LETTUCE MIX, STEAMED CARROTS, COTTAGE CHEESE, PEARS, MILK

WEDNESDAY, FEBRUARY 17

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: SHRIMP POPPERS, CHEESY POTATOES, CORN, APPLES, MILK

THURSDAY, FEBRUARY 18

BREAKFAST: BREAKFAST SANDWICH, SAUSAGE PATTY, PEARS, JUICE, MILK
LUNCH: WALKING TACO, LETTUCE/TOMATO/CHEESE CUP, REFRIED BEANS, PINEAPPLE TIDBITS, MILK

FRIDAY, FEBRUARY 19

BREAKFAST: DONUTS, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: CHICKEN AND NOODLES, GREEN BEANS, PEANUT BUTTER SANDWICH, GRAPES, MILK

MONDAY, FEBRUARY 22

BREAKFAST: CEREAL, BAGEL WITH JELLY, BANANA, JUICE, MILK

LUNCH: CHICKEN NUGGETS, MASHED POTATOES, FRESH BROCCOLI, STRAWBERRIES AND BANANAS, MILK

TUESDAY, FEBRUARY 23

BREAKFAST: FRENCH TOAST, SAUSAGE LINKS, APPLESAUCE, JUICE, MILK

LUNCH: CHILI AND CRACKERS, CELERY AND CUCUMBERS, WHEAT BUN, ORANGE SMILES, MILK

WEDNESDAY, FEBRUARY 24

NO SCHOOL

THURSDAY, FEBRUARY 25

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGES, JUICE, MILK

LUNCH: SCALLOPED POTATOES AND HAM, GREEN BEANS, SWEET POTATOES, ANGEL BISCUIT WITH JELLY, FRUIT SLUSHY, MILK

FRIDAY, FEBRUARY 26

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: MACARONI AND CHEESE, FISH STICKS, PEAS, BABY CARROTS, APPLES, MILK

~~~~~

It is the policy of the Lu Verne Community School District not to illegally discriminate on the basis of age (for employment), race, creed, national origin, color, marital status (for programs), sexual orientation, religion, gender/sex, socio-economic status (for programs), gender identity or physical/mental disability in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Karen Sandberg, Director of Teaching and Learning, 405 Hanna Ave, Lu Verne, IA 50560, 515-882-3357, [ksandberg@luverne.k12.ia.us](mailto:ksandberg@luverne.k12.ia.us). This institution is an equal opportunity provider.