

CWL ELEMENTARY - LUVERNE BUILDING  
BREAKFAST AND LUNCH MENU

MONDAY, FEBRUARY 3

BREAKFAST: BREAKFAST PIZZA, PEACHES, JUICE, MILK

LUNCH: CRISPITOS, ROMAINE AND TOMATO, CORN, PEANUT BUTTER SANDWICH, APPLE WEDGES, MILK

TUESDAY, FEBRUARY 4

BREAKFAST: CEREAL/OATMEAL, POPTART, BANANA, JUICE, MILK

LUNCH: STROMBOLI, GARDEN SALAD, BABY CARROTS, FRUIT SLUSHY, MILK

WEDNESDAY, FEBRUARY 5

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK

LUNCH: SHREDDED BEEF ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, ORANGE WEDGES, MILK

THURSDAY, FEBRUARY 6

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

LUNCH: TURKEY AND CHEESE ON A WHOLE GRAIN BUN, DARK GREEN LEAF LETTUCE AND TOMATO, OVEN FRIES, GRAHAM SNACKS, SLICED PEACHES, MILK

FRIDAY, FEBRUARY 7

BREAKFAST: YOGURT PARFAIT, ASSORTED FRUIT, GRANOLA, JUICE, MILK

LUNCH: PORK TENDERLOIN, MASHED POTATOES WITH GRAVY, STEAMED BROCCOLI, BANANA, MILK

MONDAY, FEBRUARY 10

BREAKFAST: EGG SAUSAGE PATTY, WHEAT TOAST WITH JELLY, PEARS, JUICE, MILK

LUNCH: BEEF AND NOODLES, MASHED POTATOES, BABY CARROTS, PINEAPPLE TIDBITS, MILK

TUESDAY, FEBRUARY 11

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, MANDARIN ORANGES, JUICE, MILK

LUNCH: WHOLE GRAIN CORN DOG, GARDEN SALAD, PEAS, APPLE WEDGES, MILK

WEDNESDAY, FEBRUARY 12

BREAKFAST: CEREAL/OATMEAL, MUFFIN, BANANA, JUICE, MILK

LUNCH: TACO SOUP, WHOLE GRAIN CORN CHIPS, FRESH BROCCOLI, SLICED PEARS, M & M COOKIE, MILK

THURSDAY, FEBRUARY 13

BREAKFAST: SAUSAGE GRAVY OVER BISCUITS, CHEESE STICK, APPLE WEDGES, JUICE, MILK

LUNCH: CHICKEN QUESADILLA, SALSA WITH WHOLE GRAIN CORN CHIPS, REFRIED BEANS, ORANGE WEDGES, MILK

FRIDAY, FEBRUARY 14

BREAKFAST: LONG JOHNS, GO-GURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: COWBOY CAVATINI, TOSSED ROMAINE SALAD, GREEN BEANS, WHOLE GRAIN WHEAT BREAD, BANANA, MILK

MONDAY, FEBRUARY 17

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK

LUNCH: CHICKEN TETRAZZINI, TOSSED SALAD, GLAZED CARROTS, TWISTED BREADSTICK, STRAWBERRIES, MILK

TUESDAY, FEBRUARY 18

BREAKFAST: CEREAL/OATMEAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK

LUNCH: MR. RIBB ON A BUN, DARK GREEN LEAF LETTUCE AND TOMATO, TRI-TATER, GREEN BEANS, PEARS, MILK

WEDNESDAY, FEBRUARY 19

BREAKFAST: EGG OMELET, MUFFIN, MIXED FRUIT, JUICE, MILK

LUNCH: LASAGNA, GARDEN SALAD, GARLIC FRENCH BREAD, APPLESAUCE CUP, MILK

THURSDAY, FEBRUARY 20

BREAKFAST: BREAKFAST SANDWICH, SAUSAGE PATTY, ORANGE WEDGES, JUICE, MILK

LUNCH: POPCORN CHICKEN, MASHED POTATOES WITH GRAVY, FRESH BROCCOLI, CORN, WHEAT BREAD, PEACHES, MILK

FRIDAY, FEBRUARY 21

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK

LUNCH: SLOPPY JOES, TATER TOTS, BABY CARROTS WITH RANCH, BAKED BEANS, GRAPES, MILK

MONDAY, FEBRUARY 24

BREAKFAST: CEREAL/OATMEAL, POPTART, BANANA, JUICE, MILK

LUNCH: HOT DOG ON A BUN WITH CHILI, POTATO WEDGES, FRESH VEGETABLES, MANDARIN ORANGE JELLO, MILK

TUESDAY, FEBRUARY 25

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

LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO MIX, MEXICAN RICE, APPLE WEDGES, MILK

WEDNESDAY, FEBRUARY 26

NO SCHOOL

THURSDAY, FEBRUARY 27

BREAKFAST: PANCAKES, SAUSAGE LINKS, APPLESAUCE, JUICE, MILK

LUNCH: WALKING TACO, REFRIED BEANS, LETTUCE, TOMATO AND CHEESE CUP, FRUIT SLUSHY, CINNAMON TWIST, MILK

FRIDAY, FEBRUARY 28

BREAKFAST: CINNAMON ROLL, YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: TUNA AND NOODLES, PEAS, PEANUT BUTTER SANDWICH, GARDEN SALAD, ORANGE WEDGES, 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, Tom Fey, Asst Admin, 405 Hanna Ave, Lu Verne, IA 50560, 515-882-3357, [tfey@luverne.k12.ia.us](mailto:tfey@luverne.k12.ia.us)