

Sunburst School Menus-February 2024

Mon	Tue	Wed	Thu	Fri
All breakfasts are served with fruit, juice & milk. All lunches offer two kinds of milk	The Salad Bar is offered daily for lunch and includes a variety of fresh fruits, vegetables, and specialty salads		1 B -Breakfast Burritos L-Lasagna & French Bread	2 B -Oatmeal & Toast L-Egg, Tuna or Peanut Butter Sandwiches w/ Chips
5 B -Breakfast Bars L-Chicken Nuggets & French Fries	6 B -Sausage, Egg, Hash Brown Hot Dish L-Hard Shell Tacos w/ Assorted Toppings	7 B -Bagels (BB/Reg) & Cream Cheese L-Hamburgers on a Bun w/ Baked Beans	8 B -Waffles L-Sausage Patties, Biscuits, Mashed Potatoes & Gravy	9 B - Maple Bars L-Taco Soup
12 B -Banana/Chocolate Chip Breakfast Cake L-Pizza	13 B -Scrambled Eggs w/ Ham & Cheese w/ Toast L-Tator Tot Hot Dish	14 B -Jumbo Muffins L-Salisbury Steak Dinner	15 B-ELEM: Cream of Wheat & ww Toast HS: Hashbrown Sticks & Hard Boiled Eggs L-Chicken Nachos w/ Refried Beans	16 NO SCHOOL
19 NO SCHOOL Presidents' Day	20 B -Cereal & ww Toast L-Corn Dogs & French Fries	21 B -Pancake on a Stick L- Taco in a Bag	22 B -Apple Strudel L-Cheeseburger Hot Dish	23 B -Cinnamon Rolls L-Chicken Patty on a Bun w/Fries
26 B-ELEM: Pancakes HS: Pancakes & Parfaits L-Chicken Strips & French Fries	27 B - French Toast Hot Dish L-Spaghetti W/ Meat Sauce & Breadsticks	28 B -Blueberry Scones L-BBQ Pulled Pork on a Bun w/ Chips	29 B -Breakfast Bread L-Chicken Fajitas w/ assorted toppings & Refried Beans	Due to product shortages, please give us grace if the menu has to change last minute



Kale Chips (4-6 servings)

1 bunch kale
2 Tbsp olive oil
Salt

Preheat oven to 350 degrees. Chop kale into bite-sized (1") pieces. Place in a large bowl and drizzle with oil. Toss kale to coat evenly. Lay kale in a single layer on parchment paper-lined baking sheet. Sprinkle with salt. Bake 12 minutes, cool, and serve.

Eat Smart
to **Play Hard**



Eat fruits and veggies
at meals and for snacks