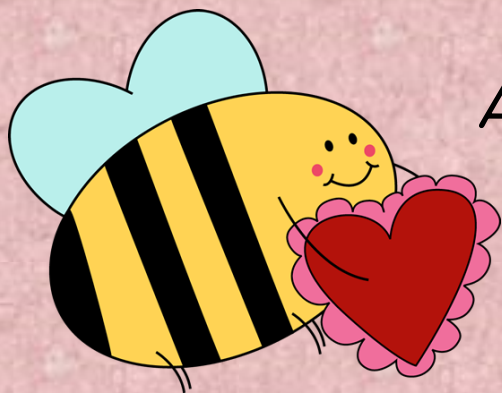
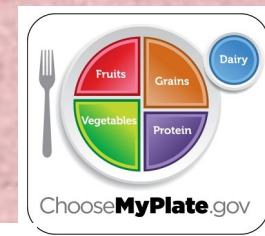




Avery County Schools

February

2024



Happy Valentine's Day

Daily Choices at Breakfast

Whole Grain Poptarts
Cinnamon Toast (2)
Cereal & Toast
Choice of Fruit
Choice of 4oz Juice

Daily Choices of Milk for Breakfast and Lunch:

1% White Skim Milk
Fat Free Chocolate Milk

Daily Choices of Entrees for Lunch:

All to go boxes include choices of the vegetables on the line in the portions that are menued.

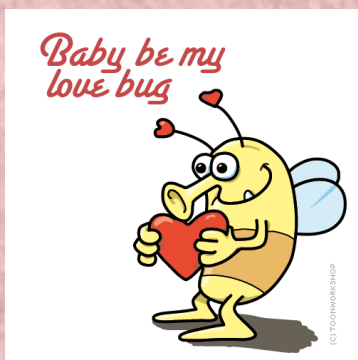
Yo To Go Box

Jamwich Box -(made with Sunbutter at Crossnore Elem.)

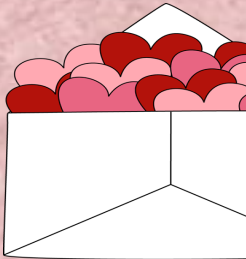
Chef Salad Box-also includes the fruit menued choices of the day.

Elementary and Middle School Menu

			Thursday, February 1	Friday, February 2
			CINNAMON BISCUIT *** BAKED SPAGHETTI W/ MEAT SAUCE GARLIC KNOT ROLL 1C GARDEN SALAD 1/2C GREEN BEANS FRESH ORANGE SMILES	PANCAKE MINIS *** BBQ CHICKEN ON WG BUN 1/2C MASHED POTATOES 1/2 CUP BROCCOLI BISCUIT 1/2 C PEACHES
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
SUPERDONUT *** BISCUIT & GRAVY SAUSAGE PATTY (1) SCRAMBLED EGGS TATOR TOTS 1/2C CHERRY TOMATOES 1/2C BAKED APPLES 1/2 C	SAUSAGE BISCUIT *** NACHO TACO MEAT 2OZ TORTILLA CHIPS 1OZ SHREDDED CHEESE 1 CUP GARDEN SALAD 1/4 C SALSA SOUR CREAM IND. 1/2 CUP CORN APPLESAUCE CUP	FUNNEL CAKE WAFFLE(1) *** BAKED HAM (2 SLICES=1.22 OZ =2OZ M) FRESH BISCUIT 2BG 1/2 MAC & CHEESE 1/2 BAKED BEANS IND. PK BABY CARROTS 1/2 CUP CHERRY CRISP	PANCAKE MINI'S *** ARROZ CON POLLO ACP CHICKEN 1OZ TORTILLA CHIPS SALSA SPANISH RICE FIESTA TACO BLACK BEANS GLAZED CARROTS PINEAPPLE CHUNKS	CHICKEN BISCUIT *** HOTDOG GRAHAM "LOVE" BUGS 1/2C OVEN FRIES 1/2 C BAKED BEANS 1/4 C COLESLAW 1/2 CUP CHERRY DES-SERT CUP



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Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
SAUSAGE BISCUIT *** PEPPERONI PIZZA 1 CUP GARDEN SALAD 1/2 CUP CORN 1/2 CUP FRESH ORANGE SMILES	BREAKFAST PIZZA *** CORNDOG 2M/2BG GRAHAM BUGS 1BG 1/2C TATOR TOTS BABY CARROTS IND. 1/2 C PINTO BEANS 1/4C CREAMY COLE-SLAW 1/2 CUP MIXED FRUIT	SUPERDONUT **** FEELING LOVED<3 CHICKEN NUGGET 2OZ M SWEET/SOUR SAUCE 1/2 CUP TATOR TOTS 1/4 CUP CREAMY COLE-SLAW 1/2 CUP PINTO BEANS FRESH BISCUIT SUGAR COOKIE 1/2 C STRAWBERRIES	FRENCH TOAST STICKS(4) *** FISH STICKS 1/2 c OVEN FRIES 1/2 cup BAKED BEANS 1/4 cup CREAMY COLESLAW GARLIC BREADSTICK(1) 1/2 cup BLUEBERRIES	GRAVY BISCUIT *** CHICKEN FILLET SANDWICH 1/2 CUP MASHED POTATOES 1/2 CUP GREEN PEAS BABY CARROTS IND. FRESH GRAPES
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
FRENCH TOAST STICKS(4) *** BEEF A RONI 1C 1 CUP GARDEN SALAD 1/2 CUP CORN GARLIC KNOT ROLL APPLE CRISP	APPLE FRUDEL *** TACO BURRITO WITH CHEESE LETTUCE/DICED TOMATOES SALSA/ CHIPS SOUR CREAM IND. ZESTY BLACK BEANS WHOLE KERNAL CORN FRESH ORANGE	SAUSAGE BISCUIT *** FRESH HAMBURGER ON BUN=2OZM/2BG LET/TOM/PICKLE 1/2 CUP SWEET POTATO FRIES 2OZ RANCH DRESSING 1/2 CUP BAKED BEANS 1/2 CUP BLUEBERRIES	SUPERDONUT *** CHICKEN STRIP WRAP 1OZ TORTILLA CHIPS SALSA 1/2 OVEN FRIES 1/2C BABY CARROTS 1/2C BAKED PEARS APPLESAUCE CUP	BREAKFAST PIZZA *** STEAK AND GRAVY 1/2 C MASHED POTATOES 1/2 C SWEET CARROTS 1/2C GREEN BEANS 1/2C PEACHES
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Thursday, February 29	
WG CINNAMON ROLL *** PULLED BBQ CHICKEN ON A BUN MASHED POTATOES GREEN PEAS BAKED APPLES	SAUSAGE BISCUIT *** TACO BURRITO WITH CHEESE LETTUCE/DICED TOMATOES SALSA/ CHIPS SOUR CREAM IND. ZESTY BLACK BEANS WHOLE KERNAL CORN APPLESAUCE CUP	FUNNEL CAKE WAFFLE(1) *** BAKED HAM (2 SLICES=1.22 OZ =2OZ M) FRESH BISCUIT 2BG 1/2 MAC & CHEESE 1/2 BAKED BEANS IND. PK BABY CARROTS 1/2 CUP CHERRY CRISP 1/2C BLUEBERRIES	CHICKEN NUGGIE BISCUIT *** PEPPERONI PIZZA 1 CUP GARDEN SALAD 1/2 CUP CORN 1/2 CUP FRESH ORANGE SMILES	