

# WILKEY MENUS

| Monday, February 4   | Tuesday, February 5  | Wednesday, February 6  | Thursday, February 7  | Friday, February 8  |
|--|--|--|---|---|
| Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)   | Strawberry Smoothies – 18 oz. (86) & Goldfish Grahams (19) or French Toast Sticks, 4 (38), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  | Mini Cinnis (39) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  |
| Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*)<br>Mashed Potatoes, ½ c. (15)<br>Glazed Carrots, ½ c. (13)<br>Roll (22)<br>Fresh Fruit, ½ c. (8-15)<br>Peaches, ½ c. (12)<br>Milk (13-20)                         | <b>BREAKFAST FOR LUNCH</b><br>Sausage (0) & Eggs (0)<br>Biscuit (26) & Gravy, ½ c. (10) or Salad Plate (*)<br>Southern-Style Hash Browns, ½ c. (14)<br>Fresh Veggie Cup, ½ c. (2.5)<br>Cinnamon Baked Apples, ½ c. (36)<br>Fresh Fruit (~15)<br>Milk (13-20)   | Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35-38) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>Golden Corn, ½ c. (16)<br>Garden Salad, ¾ c. (4) w/ Dressing (*)<br>Fresh Fruit, ½ c. (8-15)<br>Fruit Sidekicks (20)<br>Milk (13-20) | Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>Romaine Lettuce & Tomato, ¼ c. (0.6)<br>Onion 1/8 c.<br>Potato Smiles, 4 ea. (28)<br>Baked Beans, ½ c. (29)<br>Fresh Fruit, ½ c. (8-15)<br>Applesauce, ½ c. (23)<br>Milk (13-20)                                      | Chicken Alfredo (39)<br>Grilled Cheese Half (15) or Salad Plate<br>Fresh Veggie Cup, ½ cup (4)<br>Steamed Broccoli, ½ cup (5)<br>Grapes, ½ cup (~15)<br>Fresh Fruit (~15)<br>Milk (13-20)<br>JonnyPops (10-11)  |
| Monday, February 11  | Tuesday, February 12   | Wednesday, February 13   | Thursday, February 14   | Friday, February 15   |
| Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  | Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)   | Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  |
| Mini Corn Dogs, 6 (30)<br>Yogurt (*) & Cereal (*) or Salad Plate (*)<br>Golden Corn, ½ c. (16)<br>Green Beans, 1/2 c. (4)<br>Fresh Veggie Cup, ½ c. (2.5)<br>Fresh Fruit, ½ c. (8-15)<br>Applesauce, ½ c. (23)<br>Milk (13-20)         | Salisbury Steak (2)/Gravy (5) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>Glazed Carrots, ½ c. (13)<br>Mashed Potatoes, ½ c. (15)<br>Bread, 1 slice (18)<br>Fresh Fruit, ½ c. (8-15)<br>Pineapple Tidbits, ½ c. (18)<br>Milk (13-20)   | Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate*<br>Mashed Potatoes, ½ c. (15)<br>Sweet Peas, ½ c. (9)<br>Roll (22)<br>Fresh Fruit, ½ c. (8-15)<br>Applesauce, ½ c. (23)<br>Milk (13-20)  | Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*)<br>Golden Corn, ½ c. (16)<br>Fiesta Rice, ½ c. (21)<br>Shredded Cheese, 1 oz. (1)<br>Shredded Lettuce & Tomato, ¾ c. (4)<br>Fresh Fruit Assortment (~15)<br>Fruit Slush Cup (20)<br>Milk (13-20), Sour Cream, 1 oz. (4) | Chili, ½ c. (11), Crackers (5 per pack) or Salad Plate (*)<br>Grilled Cheese Sandwich (15 for Half)<br>Carrot & Celery Sticks, ½ cup (4)<br>Orange Wedges, ½ c. (15)<br>Pear Cup, ½ c. (20)<br>Milk (13-20)<br>FF Ranch Dressing (6)  |
| Monday, February 18  | Tuesday, February 19   | Wednesday, February 20   | Thursday, February 21   | Friday, February 22   |
| Mini Cinnis (39) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  | Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)   | Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  |
| Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>White Cheddar Cheetos (17)<br>Fresh Veggie Cup, ½ c. (2.5)<br>Baked Beans, ½ c. (29)<br>Fresh Fruit, ½ c. (8-15)<br>Diced Pears, ½ c. (14)<br>Milk (13-20) | Lasagna Roll-Up (27) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>Breadstick (14)<br>Green Beans, ½ c. (4)<br>Garden Salad, ¾ c. (4) w/ Dressing (*)<br>Fresh Fruit (~15)<br>Diced Pears, ½ c. (14)<br>Milk (13-20)   | Chicken Smackers, 10 (20) & Waffle (37), Syrup (31) or Yogurt (*) & Cereal (*) or Salad Plate (*)<br>Southern-Style Hash Browns, ½ c. (14)<br>Fresh Veggie Cup, ½ c. (2.5)<br>Fresh Fruit, ½ c. (8-15)<br>Peach Slices, ½ c. (12)<br>Milk (13-20)    | Tony's Cheese or Pepperoni Deep Dish Personal Pizza (35-38) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>Golden Corn, ½ c. (16)<br>Garden Salad, ¾ c. (4) w/ Dressing (*)<br>Fresh Fruit, ½ c. (8-15)<br>Fruit Slush Cup (20)<br>Milk (13-20)  | Beef Taco, 3 oz. (4) or Hot Turkey & Cheese Sandwich (27) or Salad Plate (*)<br>Shredded Cheese, 1 oz. (1)<br>Golden Corn, ½ c. (16)<br>Fiesta Rice, ½ c. (21)<br>Tortilla Chips (18), Salsa, ¼ c. (4)<br>Shredded Lettuce & Tomato, ¾ c. (4)<br>Fresh Fruit, ½ c. (8-15)<br>Mixed Fruit Cup, ½ c. (18), Milk (13-20) |
| Monday, February 25  | Tuesday, February 26   | Wednesday, February 27   | Thursday, February 28   | Friday, March 1   |
| Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Strawberry Smoothies – 18 oz. (86) & Goldfish Grahams (19) or French Toast Sticks, 4 (38), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  | Canadian Bacon, Egg, & Cheese Croissant (31) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)   | Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (13-20)   | Sausage Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (13-20)  |
| Chicken (15) on Bun (31) or Ham & Cheese Sandwich (32) or Salad Plate (*)<br>Baked Chips (15-17)<br>Golden Corn, ½ c. (16)<br>Garden Salad, ¾ c. (4) w/ Dressing (*)<br>Fresh Fruit, ½ c. (8-15)<br>Fruit Slush Cup (20), Milk (13-20) | <b>BREAKFAST FOR LUNCH</b><br>Sausage (0) & Eggs (0)<br>Biscuit (26) & Gravy, ½ c. (10) or Salad Plate (*)<br>Southern-Style Hash Browns, ½ c. (14)<br>Fresh Veggie Cup, ½ c. (2.5)<br>Cinnamon Baked Apples, ½ c. (36)<br>Fresh Fruit (~15), Milk (13-20)   | Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*)<br>Mashed Potatoes, ½ c. (15)<br>Glazed Carrots, ½ c. (13)<br>Roll (22)<br>Fresh Fruit, ½ c. (8-15)<br>Peaches, ½ c. (12)<br>Milk (13-20)                                       | Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (29) or Salad Plate (*)<br>Romaine Lettuce & Tomato, ¼ c. (0.6)<br>Onion 1/8 c.<br>Potato Smiles, 4 ea. (28)<br>Baked Beans, ½ c. (29)<br>Fresh Fruit, ½ c. (8-15)<br>Applesauce, ½ c. (23), Milk (13-20)  | Chicken Alfredo (39)<br>Grilled Cheese Half (15) or Salad Plate<br>Fresh Veggie Cup, ½ cup (4)<br>Steamed Broccoli, ½ cup (5)<br>Grapes, ½ cup (~15)<br>Fresh Fruit (~15)<br>Milk (13-20)   |
| <b>MENUS ARE SUBJECT TO CHANGE<br/>BASED ON WEATHER AND<br/>AVAILABILITY OF FOOD.</b>  | GRAYSON COUNTY SCHOOL FOOD SERVICE IS LOOKING FOR POSITIVE AND PRODUCTIVE SUBSTITUTE COOKS TO JOIN OUR TEAM.<br>SUB COOKS MAY WORK UP TO 19.5 HOURS PER WEEK. WITH THE POTENTIAL TO WORK INTO A FULL-TIME COOK POSITION.<br>APPLY FOR THE 18-19 SUBSTITUTE COOK/BAKER POSITIONS ONLINE AT <a href="http://WWW.GRAYSONCOUNTYSCHOOLS.COM">WWW.GRAYSONCOUNTYSCHOOLS.COM</a> . |  |   |   |

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