

<b>Happy</b>	<h1>AMS February Café Menu</h1>				<b>Valentine's</b>
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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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<b>Full Price Lunch \$1.50</b>	<b>Studies show: Breakfast</b>		<b>Full Price Breakfast \$.60</b>
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Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancake Pup	Sausage Biscuit	Bacon & Egg Biscuit	Ham Biscuit	Blueberry Muffins
OR	OR	OR	OR	OR
Cereal with Graham Crackers	Cereal with Graham Crackers	Cereal with Graham Crackers	Cereal with Graham Crackers	Cereal with Graham Crackers
WITH	WITH	WITH	WITH	WITH
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk

<b>Reduced Price Lunch \$.40</b>	<b>Helps Teens Get &amp; Stay Lean</b>		<b>Reduced Price Breakfast \$.30</b>
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Lunch	Lunch	Lunch	Lunch	Lunch
Turkey Sub	Deli Wrap	Manager's Choice	<b>New!</b> Chicken Salsa Salad	Hot Dog on Bun
OR	OR	OR	OR	OR
Chicken Fingers	Chicken Filet on Bun	Chicken Nuggets with Roll	Hot Ham & Cheese on Roll	Deli Sub
OR	OR	OR	OR	OR
Toasted Cheese Sandwich	Beef-A-Roni with Roll	Burger Sliders (2 mini burgers)	Corndog	BBQ on Bun
WITH	WITH	WITH	WITH	WITH
Choice of	Choice of	Choice of	Choice of	Choice of
Cheesy Rice Peas Tossed Salad Selection Fruit Cups Variety of Fresh Fruit	Corn Tossed Salad Selection of Fruit Cups Variety of Fresh Fruit	Fries Fresh Veggies & Dip Selection of Fruit Cups Variety of Fresh Fruit	Mashed Potatoes Green Beans Fresh Veggies & Dip Selection of Fruit Cups Variety of Fresh Fruit	Broccoli & Rice Casserole California Blend Veggies Coleslaw Selection of Fruit Cups Variety of Fresh Fruit
AND	AND	AND	AND	AND
Choice of	Choice of	Choice of	Choice of	Choice of
Milk	Milk	Milk	Milk	Milk

FYI	FYI	FYI	FYI	FYI
Deli Sub = 356 calories	Fruit Cup = 80 calories	Roll = 286 calories	Chicken Salsa Salad = 299 cals	1 srvg Tossed Salad = 19 calories
Cheesy Rice = 248 calories	1% Chocolate Milk = 145 calories	Orange = 50 cals	Green Beans = 20 calories	1 piece Pizza = 380 calories
Toasted Cheese = 229 calories	Did you know the average person burns 422 calories dancing for one hour?			2 Tablespoons Ranch = 150 calories

Free and reduced meal applications can be submitted at any time during the school year.

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