



FEBRUARY 2023

Cold Spring School

Free Breakfast & Lunch

Breakfast offer with choice of 1% white milk.
Lunch offered with choice of 1% or fat free white milk
Or fat free chocolate milk Lactaid milk available upon request
Milk with home lunch costs \$.50(fifty)

Monday



Lunch 6

Chicken Patty On a roll
Lettuce, tomato, & pickles,
Chips & fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

Tuesday



Lunch 7

Breakfast for Lunch
Waffles, Sausage, Hash Browns,
Juice, & fruit
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Wednesday

Lunch 1

**Munchie Basket, mozzarella sticks,
chicken nuggets & tater tots**
Alt: WG 2ozCereal meal, Cheese
stick, Fruit

Thursday

Lunch 2

**Pizza Thursday,
Cheese Pizza, Mixed Veggie
WG Treat & Fruit**
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Friday

Lunch 3

**Burger Day, with Lettuce, tomato,
pickles, cheese, oven fries,
Fruit**
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

Lunch 13

**Fish Nuggets & Fries with
Coleslaw & Tartar Sauce**
Alt: WG 2ozCereal meal, Cheese
stick, Fruit

Lunch 14

Taco Day, Seasoned Beef
Lettuce, Tomato, Cheese & Salsa,
& Beans
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Lunch 15

**Pasta with Marinara & Cheese
With garlic bread**
Mixed Veggies & Fruit
Alt: WG 2ozCereal meal, 4oz
juice, Cheese stick, Fruit

Lunch 16

**Pizza Thursday,
Cheese Pizza, Mixed Veggie
WG Treat & Fruit**
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit

Lunch 17

Warm Pretzel & Cheese Sauce
Mixed veggies & fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

No School 20

No School 21

No School 22

No School 23

No School 24

LUNCH 27

Hot Dog on a whole-wheat bun
Baked beans, veggies & fruit
Alt: WG 2ozCereal meal, 4oz juice,
Cheese stick, Fruit

Lunch 28

**Italian Dunkers (Garlic Bread stick,
mozzarella cheese & Marinara)**
Mixed Veggies & Fruit
Alt: 2oz WG Bagel Meal, Sun-
flower seeds & Fruit



Menu is subject to change.

Morning Pre-k can receive Breakfast from this menu.

Afternoon Pre K can receive Alternative lunch option choice from this menu

School entrée alternative listed on this menu includes Veggies, fruit & milk

This institution is an equal opportunity provider

Breakfast Choices: **Monday:** Muffin Meal, **Tuesday:** Cinnamon Roll, **Wednesday:** Quick Bread
Thursday: WG Pastry, **Friday:** Multi Grain Breakfast Bar: All juice is 100% juice, each breakfast comes
with 1/2 cup fruit, fruit Juice & or milk & All options are made using Whole Grain