



## Noble Breakfast: February 2018

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain Accompaniment(s)), Fruit & Vegetable Side Dishes, and Choice of Milk.

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <b>FOOD FOCUS: RED &amp; ORANGE VEGETABLES</b><br>Carrots, sweet potatoes, tomatoes, squash, red peppers, and pumpkin are full of vitamins A, C & K, phytonutrients, and antioxidants. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits! |   |   | Choose One<br>Egg & Cheese Biscuit<br><br>Blueberry Muffin<br><br>Cinnamon Roll Smoothie & Graham Crackers                       | Choose One<br>Whole Grain French Toast Sticks w/ Blueberry Topping<br><b>Rice Krispies &amp; Strawberry Yogurt</b><br>Tropical Smoothie & Graham Crackers |
| Choose One<br>Egg & Cheese English Muffin<br><br>Strawberry Cheerios Cereal Bar & Light Mozzarella String Cheese<br><br>Summertime Strawberry Smoothie & Graham Crackers   | Choose One<br>Chicken Sausage Pancake Sandwich<br>Banana Muffin<br><br>Blueberry Parfait w/ Granola                         | Choose One<br>Turkey Ham & Cheese Bagel<br><br><b>Cheerios &amp; Strawberry Yogurt</b><br><br>Berry Banana Smoothie & Graham Crackers | Choose One<br>Whole Grain Waffles w/ Syrup<br><br>Whole Grain Bagel w/ Light Cream Cheese<br><br><b>Apple Pie Overnight Oats</b> | Choose One<br>Turkey Sausage & Cheese Bagel<br><br>Cinnamon Chex Cereal & Vanilla Yogurt<br><br>Tropical Smoothie & Graham Crackers                       |
| Choose One<br>Egg & Cheese Bagel<br><br>Fruity Cheerios Bar & Light Mozzarella String Cheese<br><br>Summertime Strawberry Smoothie & Graham Crackers   | Choose One<br>Turkey Sausage & Cheese English Muffin<br><br>Whole Grain Bagel w/ Light Cream Cheese<br><br>Cinnamon Oatmeal | Choose One<br>Whole Grain Pancakes w/ Syrup<br><br>Cheerios & Strawberry Yogurt<br><br>Berry Banana Smoothie & Graham Crackers        | Choose One<br>Egg & Cheese Biscuit<br><br>Blueberry Muffin<br><br>Cinnamon Roll Smoothie & Graham Crackers                       | Choose One<br>Whole Grain French Toast Sticks w/ Blueberry Topping<br><br>Rice Krispies & Strawberry Yogurt<br><br>Tropical Smoothie & Graham Crackers    |
| NO SCHOOL  | Choose One<br>Chicken Sausage Pancake Sandwich<br>Banana Muffin<br><br>Blueberry Parfait w/ Granola                         | Choose One<br>Turkey Ham & Cheese Bagel<br><br>Cheerios & Strawberry Yogurt<br><br>Berry Banana Smoothie & Graham Crackers            | Choose One<br>Whole Grain Waffles w/ Syrup<br><br>Whole Grain Bagel w/ Light Cream Cheese<br><br>Apple Pie Overnight Oats        | Choose One<br>Turkey Sausage & Cheese Bagel<br><br>Cinnamon Chex Cereal & Vanilla Yogurt<br><br>Tropical Smoothie & Graham Crackers                       |
| Choose One<br>Egg & Cheese Bagel<br><br>Fruity Cheerios Bar & Light Mozzarella String Cheese<br><br>Summertime Strawberry Smoothie & Graham Crackers   | Choose One<br>Turkey Sausage & Cheese English Muffin<br><br>Whole Grain Bagel w/ Light Cream Cheese<br><br>Cinnamon Oatmeal | Choose One<br>Whole Grain Pancakes w/ Syrup<br><br>Cheerios & Strawberry Yogurt<br><br>Berry Banana Smoothie & Graham Crackers        |  |   |
| DAILY FRUIT OPTIONS  |   |   |  |   |
| Granny Smith Apple<br>Pear   | Raisins<br>Red Delicious Apple  | Orange<br>100% Apple Juice  | Red Delicious<br>Banana  | Fuji Apple<br>Pear  |

*This institution is an equal opportunity provider. Food Service Provided by Chartwells. Menu subject to change without notice.*

Students must select three food components including a 1/2 cup serving of fruits or vegetables.

Milk: All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Grains: All of the grain products we serve are whole grains.

Fruits: Assorted fresh fruit may include: apples, bananas, pears, oranges or grapes.



Visit <http://cics.nutrislice.com> or the Nutritislice app to check out your menu!



## Noble Lunch: February 2018

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain Accompaniment(s)), Fruit & Vegetable Side Dishes, and Choice of Milk.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>FOOD FOCUS: RED &amp; ORANGE VEGETABLES</b>   |  |  |  |  |
| Carrots, sweet potatoes, tomatoes, squash, red peppers, and pumpkin are full of vitamins A, C & K, phytonutrients, and antioxidants. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits! |  |  |  |  |
| <p><u>Choose One</u></p> <p>5</p> <p>Breadless Chicken Tenders w/ Breadstick</p> <p>Sunbutter Sandwich</p> <p>Bean &amp; Cheese Quesadilla</p> <p><u>Sides</u></p> <p>Seasoned Mixed Vegetables</p>  | <p><u>Choose One</u></p> <p>6</p> <p>Taco Tuesday! Taco Bar</p> <p>Leafy Green Salad w/ Egg &amp; Breadsticks</p> <p>Hot Turkey Ham &amp; Cheese Sandwich</p> <p><u>Sides</u></p> <p>Seasoned Corn</p> | <p><u>Choose One</u></p> <p>7</p> <p>Toasty Cheese Sandwich w/ Chicken Noodle Soup</p> <p>Cranberry Spinach Salad &amp; Breadsticks</p> <p><b>Light Ranch Chicken Wrap</b></p> <p><u>Sides</u></p> <p>Savory Green Beans</p> | <p><u>Choose One</u></p> <p>8</p> <p>Cheeseburger Pizza</p> <p>Double Cheese Chef Salad &amp; Breadsticks</p> <p>Dutch Chicken Pot Pie w/ Biscuit</p> <p><u>Sides</u></p> <p>Seasoned Mixed Vegetables</p>                         | <p><u>Choose One</u></p> <p>2</p> <p><b>Cheese Quesadilla</b></p> <p>Deli Bar</p> <p><b>Light Buffalo Ranch Chicken Wrap</b></p> <p><u>Sides</u></p> <p>Roasted Carrot Fries</p>                           |
| <p><u>Choose One</u></p> <p>12</p> <p>Classic Cheeseburger</p> <p>Sunbutter Sandwich</p> <p>Chicken &amp; Cheese Quesadilla</p> <p><u>Sides</u></p> <p>Garlic Parmesan Potatoes</p>  | <p><u>Choose One</u></p> <p>13</p> <p>Taco Tuesday! Taco Bar</p> <p>Leafy Green Salad w/ Egg &amp; Breadsticks</p> <p>Sloppy Joes</p> <p><u>Sides</u></p> <p>Baked Beans</p>                           | <p><u>Choose One</u></p> <p>14</p> <p>Homemade Mac n' Cheese</p> <p>Garden Salad w/ Mozzarella &amp; Breadstick</p> <p>Sweet &amp; Sour Chicken w/ Brown Rice</p> <p><u>Sides</u></p> <p>Roasted Carrot Fries</p>            | <p><u>Choose One</u></p> <p>15</p> <p>Chicken Mashed Potato Bowl w/ Breadstick</p> <p>Double Cheese Chef Salad &amp; Breadsticks</p> <p>Turkey Chili w/ Biscuit</p> <p><u>Sides</u></p> <p>Seasoned Corn</p>                       | <p><u>Choose One</u></p> <p>16</p> <p>Whole Grain Spaghetti w/ Whole Grain Cheesy Breadstick (meatless)</p> <p>Deli Bar</p> <p>Chicken Fried Rice</p> <p><u>Sides</u></p> <p>Seasoned Mixed Vegetables</p> |
| <p>19</p> <p>NO SCHOOL</p>   | <p><u>Choose One</u></p> <p>20</p> <p>Taco Tuesday! Taco Bar</p> <p>Leafy Green Salad w/ Egg &amp; Breadsticks</p> <p>Vegetarian Chili &amp; Biscuit</p> <p><u>Sides</u></p> <p>Elates Style Corn</p>  | <p><u>Choose One</u></p> <p>21</p> <p><b>Lo Mein Noodles</b></p> <p>Cranberry Spinach Salad &amp; Breadsticks</p> <p>Toasty Cheese Sandwich</p> <p><u>Sides</u></p> <p><b>Sesame Green Beans</b></p>                         | <p><u>Choose One</u></p> <p>22</p> <p><b>Italian Parm Burger</b></p> <p>Double Cheese Chef Salad &amp; Breadsticks</p> <p><b>Moroccan Chickpea Stew w/ Whole Grain Biscuit</b></p> <p><u>Sides</u></p> <p>Seasoned Black Beans</p> | <p><u>Choose One</u></p> <p>23</p> <p>Cheese Pizza</p> <p>Deli Bar</p> <p>Chicken Fajita Bowl</p> <p><u>Sides</u></p> <p>Seasoned Mixed Vegetables</p>   |
| <p><u>Choose One</u></p> <p>26</p> <p>Breadless Chicken Tenders w/ Breadsticks</p> <p>Sunbutter Sandwich</p> <p>Homestyle Meatloaf</p> <p><u>Sides</u></p> <p>Seasoned Corn</p>  | <p><u>Choose One</u></p> <p>27</p> <p>Taco Tuesday! Taco Bar</p> <p>Leafy Green Salad w/ Egg &amp; Breadsticks</p> <p>Tomato &amp; Mozzarella Panini</p> <p><u>Sides</u></p> <p>Savory Green Beans</p> | <p><u>Choose One</u></p> <p>28</p> <p>Italian Meatball Sub</p> <p>Garden Salad w/ Mozzarella &amp; Breadstick</p> <p>Philly Cheese Steak</p> <p><u>Sides</u></p> <p>Mashed Potatoes</p>                                      |  |  |
| <b>DAILY FRUIT OPTIONS</b>   |  |  |  |  |
| <p>Fuji Apple</p> <p>100% Apple Juice</p>  | <p>Pears</p> <p>Raisins</p>  | <p>Granny Smith Apple</p> <p>Banana</p>  | <p>Raisins</p> <p>Pear</p>   | <p>Banana</p> <p>Red Delicious Apple</p>   |

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Students must select three food components including a 1/2 cup serving of fruits or vegetables.

Milk: All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Grains: All of the grain products we serve are whole grains.

Fruits: Assorted fresh fruit may include: apples, bananas, pears, oranges or grapes.

Salad Bar: Daily salad bar offerings include rotating fresh vegetables, beans and composed salads.



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## Noble Supper: February 2018

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain Accompaniment(s), Fruit & Vegetable Side Dishes, and Choice of Milk.

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>FOOD FOCUS: RED &amp; ORANGE VEGETABLES</b>   |  |   |  |  |
| Carrots, sweet potatoes, tomatoes, squash, red peppers, and pumpkin are full of vitamins A, C & K, phytonutrients, and antioxidants. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits! |  |   | Honey Turkey Ham & Cheese Wrap<br><u>Sides</u><br>Fresh Broccoli<br>Granny Smith Apple | Light Ranch Chicken Wrap<br><u>Sides</u><br>Fresh Celery<br>Raisins  |
| Turkey & Cheese Sandwich<br><u>Sides</u><br>Fresh Carrots<br>Raisins   | Light Buffalo Ranch Chicken Wrap<br><u>Sides</u><br>Fresh Cucumber<br>Granny Smith Apple | Sunbutter Sandwich<br><u>Sides</u><br>Fresh Carrots<br>Pear | Italian Chicken & Cheese Wrap<br><u>Sides</u><br>Fresh Cucumber<br>Granny Smith Apple  | Turkey & Cheese Sandwich<br><u>Sides</u><br>Fresh Carrots<br>Raisins |
| Taco Salad w/ Breadstick<br><u>Sides</u><br>Fresh Celery<br>Raisins  | Turkey & Cheese Sandwich<br><u>Sides</u><br>Fresh Broccoli<br>Granny Smith Apple         | Sunbutter Sandwich<br><u>Sides</u><br>Fresh Celery<br>Pear  | Honey Turkey Ham & Cheese Wrap<br><u>Sides</u><br>Fresh Broccoli<br>Granny Smith Apple | Light Ranch Chicken Wrap<br><u>Sides</u><br>Fresh Celery<br>Raisins  |
| NO SCHOOL  | Light Buffalo Ranch Chicken Wrap<br><u>Sides</u><br>Fresh Cucumber<br>Granny Smith Apple | Sunbutter Sandwich<br><u>Sides</u><br>Fresh Celery<br>Pear  | Italian Chicken & Cheese Wrap<br><u>Sides</u><br>Fresh Cucumber<br>Granny Smith Apple  | Turkey & Cheese Sandwich<br><u>Sides</u><br>Fresh Celery<br>Raisins  |
| Taco Salad w/ Breadstick<br><u>Sides</u><br>Fresh Celery<br>Raisins  | Turkey & Cheese Sandwich<br><u>Sides</u><br>Fresh Cucumber<br>Granny Smith Apple         | Sunbutter Sandwich<br><u>Sides</u><br>Fresh Celery<br>Pear  |  |  |

Full student supper includes entree supplying grain and protein, fruit and vegetable, and choice of milk.

**Grains:** All of the grain products we serve are whole grains.

**Fruits:** Assorted fresh fruit may include: apples, bananas, pears, oranges or grapes.

**Milk:** Milk choices include skim white, and 1% white milk.



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