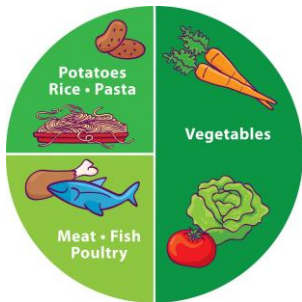


**ASSEMBLY 'S  
CAFETERIA  
BREAKFAST  
PROVIDES YOU  
WITH  
MORE FRUITS**



**Start your Day Off With a Good Breakfast**

**MAKE SURE YOU EAT ALL YOUR FRUITS FOR BREAKFAST!!!**

**Breakfast Prices FEBRUARY 16 Days  
Full Pay- \$1.75 x 16 = \$28.00  
Reduced .30 x 16 = \$4.80**

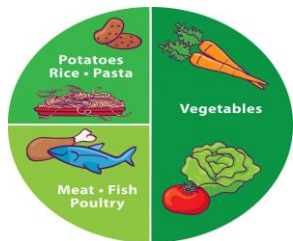
**MENU'S ARE SUBJECT TO CHANGE**

**Condiments Available at Breakfast:**  
Syrup  
Jelly

**FEBRUARY BREAKFAST MENU 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Grits WW Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	Breakfast Pizza  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Ham Patty Jelly  Sliced Apples Choice of Juice Choice of Milk	WG Pancakes Egg Patty Syrup  Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	WG Waffles Egg Patty Syrup  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<b>SPRING BREAK</b>				
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Egg Patty Jelly  Sliced Apples Choice of Juice Choice of Milk	WG Waffles Ham Patty Syrup  Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	WG Pancakes Egg Patty Syrup  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY	FRIDAY
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Sausage Patty Jelly  Sliced Apples Choice of Juice Choice of Milk	WG Pancakes Egg Patty Syrup  Sliced Peaches Choice of Juice Choice of Milk		

**Assembly Christian's  
Cafeteria Lunches  
Provide You With  
More Healthier  
Choices**



**Lunch Prices FEBRUARY 16 Days**  
**Full Pay \$2.50 x 16 = \$40.00**  
**Reduced .40 x 16 = \$6.40**

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday  
 Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily  
 Also 100% Fruit Juices

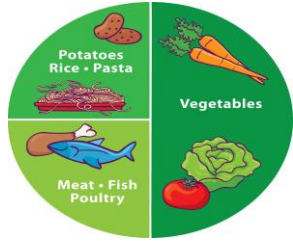
**Condiments Available Daily:**  
 Ranch Fat Free, Regular, Italian  
 Ketchup, Mustard, B.B. Que Sauce  
 Mayonnaise : Fat Free or Regular

**MENU'S ARE SUBJECT TO CHANGE**

# FEBRUARY LUNCH 2018 K - 8th GRADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Chicken & Sausage Gumbo/ Brown Rice Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	EMB Pizza Corn Green Leafy Salad Pineapple Tidbits W G Cookie  Choice of Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Hamburger WW Bun Tater Tots Stack of Trim Sliced Peaches  Choice of Milk	Chicken Stew Brown Rice White Beans Green Leafy Salad Fresh Apples WW Dinner Roll  Choice of Milk	Taco Soup w/Corn Green Leafy Salad Mixed Fruits Shredded Cheese  Choice of Milk	WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll  Choice of Milk	Pepperoni Pizza Carrots Green Leafy Salad Pineapple Tidbits W G Cookie  Choice of Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<b>SPRING BREAK</b>				
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Chicken Nuggets Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches WW Dinner Roll  Choice of Milk	WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	Cheese Burger WW Bun Potatoes Stack of Trim Fruit Mix  Choice of Milk	Beef Pizza Corn Green Leafy Salad Pears W G Cookie  Choice of Milk	Shrimp Stew Brown Rice White Beans Green Leafy Salad Pineapples Tidbits WW Dinner Roll  Choice of Milk
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY	FRIDAY
Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches WW Dinner Roll  Choice of Milk	Chili W/Beans Green Salad Apple Sauce Crackers Cornbread  Choice of Milk	Hamburger WW Bun Tater Tots Stack of Trim Sliced Peaches  Choice of Milk		

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**Lunch Prices FEBRUARY 16 Days**  
**Full Pay \$2.50 x 16 = \$40.00**  
**Reduced .40 x 16 = \$6.40**

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday  
 Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily  
 Also 100% Fruit Juices  
**Condiments Available Daily:**  
 Ranch Fat Free, Regular, Italian  
 Ketchup, Mustard, B.B. Que Sauce  
 Mayonnaise : Fat Free or Regular

**MENU'S ARE SUBJECT TO CHANGE**

# FEBRUARY LUNCH 2018 9 - 12th GRADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Chicken & Sausage Gumbo/ Brown Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	EMB Pizza Corn Green Leafy Salad Pineapple Tidbits W G Cookie  Choice of Juice Choice of Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Hamburger WW Bun Tater Tots Stack of Trim Sliced Peaches  Choice of Juice Choice of Milk	Chicken Stew Brown Rice White Beans Green Leafy Salad Fresh Apples WW Dinner Roll Choice of Juice Choice of Milk	Taco Soup w/Corn Green Leafy Salad Mixed Fruits Shredded Cheese  Choice of Juice Choice of Milk	WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Juice Choice of Milk	Pepperoni Pizza Carrots Green Leafy Salad Pineapple Tidbits W G Cookie  Choice of Juice Choice of Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<b>SPRING BREAK</b>				
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Chicken Nuggets Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches WW Dinner Roll Choice of Juice Choice of Milk	WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears WW Dinner Roll Choice of Juice Choice of Milk	Cheese Burger WW Bun Potatoes Stack of Trim Fruit Mix  Choice of Juice Choice of Milk	Beef Pizza Corn Green Leafy Salad Pears W G Cookie  Choice of Juice Choice of Milk	Shrimp Stew Brown Rice White Beans Green Leafy Salad Pineapples Tidbits WW Dinner Roll Choice of Juice Choice of Milk
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches WW Dinner Roll Choice of Juice Choice of Milk	Chili W/Beans Green Salad Apple Sauce Crackers Cornbread  Choice of Juice Choice of Milk	Hamburger WW Bun Tater Tots Stack of Trim Sliced Peaches  Choice of Juice Choice of Milk	Deli Sandwich Ham & Cheese WW Bun Stack of Trim Fruit  Choice of Juice Choice of Milk	Deli Salad Green Leafy Salad Diced Ham Shredded Cheese WW Croutons Crackers  Choice of Juice Choice of Milk