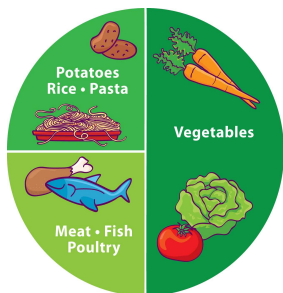


**ASSEMBLY 'S  
CAFETERIA  
BREAKFAST  
PROVIDES YOU WITH  
MORE FRUITS**



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

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

**Breakfast Prices FEBRUARY 16 Days  
Full Pay- \$1.90 x 20 = \$38.00  
Reduced .30 x 20 = \$6.00**

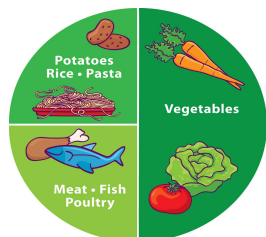
**MENU'S ARE SUBJECT TO CHANGE**

**Condiments Available at Breakfast:**  
Syrup  
Jelly

**FEBRUARY BREAKFAST MENU 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast Pizza  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Egg Patty Jelly  Tropical Fruits Choice of Juice Choice of Milk	WG Waffles Sausage Patty Syrup  Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Ham Patty Jelly  Diced Pears Choice of Juice Choice of Milk	Breakfast on Stick  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Sausage Patty Jelly  Tropical Fruits Choice of Juice Choice of Milk	WG Pancakes Ham Patty Syrup  Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Egg Patty Jelly  Diced Pears Choice of Juice Choice of Milk	French Toast Bacon Syrup  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Ham Patty Jelly  Tropical Fruits Choice of Juice Choice of Milk	WG Waffles Egg Patty Syrup  Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Bacon Jelly  Diced Pears Choice of Juice Choice of Milk	Breakfast Pizza  Mixed Fruits Choice of Juice Choice of Milk
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY
Assorted Cereal WW Toast Jelly  Apple Sauce Choice of Juice Choice of Milk	WG Biscuit Bacon Sausage Patty  Tropical Fruits Choice of Juice Choice of Milk	WG Pancakes Bacon Syrup  Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Ham Patty Jelly  Diced Pears Choice of Juice Choice of Milk	

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



**Lunch Prices FEBRUARY 20 Days**  
**Full Pay \$2.70 x 20 = \$54.00**  
**Reduced .40 x 20 = \$8.00**

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,  
Cuccumbers, 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 VERIETY OF MEATS  
SERVED EACH WEEK.

We serve Fruits Daily  
Also 100% Fruit Juices

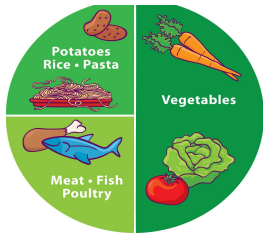
**Condiments Available Daily:**  
Ranch Fat Free, Regular, Italian  
Ketchup, Mustard, B.B. Que Sauce  
Mayonnaise : Fat Free or Regular

**MENU'S ARE SUBJECT TO CHANGE**

# FEBRUARY LUNCH 2019 K - 8th GRADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Chicken Nugget Macaroni & Cheese Steamed Broccoli Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	Red Bean Sausage Rice Cole Slaw Apple Sauce Cornbread  Choice of Milk	Hamburger Bun Potatoes Stack of Trim Fruit Mix  Choice of Milk	Chicken & Sausage Gumbo/ Rice Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	Beef Pizza Corn Tropical Fruits Pears Cookie  Choice of Milk
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken Fried Steak Cheesv Potatoes Brown Gravy Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	Chicken Stew Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll  Choice of Milk	Pig In Blanket Potatoes Cucumber/Tomatoes Fruit Mix  Choice of Milk	WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll  Choice of Milk	EMB Corn Green Leafy Salad Tropical Fruits Cookie  Choice of Milk
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	Pork Stew Brown Rice Corn Green Leafy Salad Apple Crisp Dinner Roll  Choice of Milk	Hot Dog Bun/ Chili Potatoes Cucumber/Tomatoes Mixed Fruit  Choice of Milk	Vegetable Pork Soup Green Leafy Salad Pears Grilled Cheese  Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Tropical Fruits <b>Birthdays February Birthdays</b>  Choice of Milk
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY
Salisbury Steak Mashed Potatoes w/ Gravy Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	Chili W/Beans Green Salad Apple Sauce Crackers Cornbread  Choice of Milk	Hamburger Bun French Fries Stack of Trim Fruit Mix  Choice of Milk	Pork & Sausage Jambalaya Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	

**Assembly Christian's  
Cafeteria Lunches  
Provide You With  
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**Lunch Prices FEBRUARY 20 Days**  
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**Reduced .40 x 20 = \$8.00**

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

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Romaine, Iceberg, Tomatoes,  
Cuccumbers, 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 VERIETY 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 2019 9th - 12th Grades

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Juice Choice of Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Chicken Nugget Macaroni & Cheese Steamed Broccoli Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Red Bean Sausage Rice Cole Slaw Apple Sauce Cornbread Choice of Juice Choice of Milk	Hamburger Bun Potatoes Stack of Trim Fruit Mix  Choice of Juice Choice of Milk	Chicken & Sausage Gumbo/ Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	Beef Pizza Corn Tropical Fruits Pears Cookie  Choice of Juice Choice of Milk
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken Fried Steak Cheesv Potatoes Brown Gravy Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Chicken Stew Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll Choice of Juice Choice of Milk	Pig In Blanket Potatoes Cucumber/Tomatoes Fruit Mix  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	EMB Corn Green Leafy Salad Tropical Fruits Cookie  Choice of Juice Choice of Milk
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Pork Stew Brown Rice Corn Green Leafy Salad Apple Crisp Dinner Roll Choice of Juice Choice of Milk	Hot Dog Bun/ Chili Potatoes Cucumber/Tomatoes Mixed Fruit  Choice of Juice Choice of Milk	Vegetable Pork Soup Green Leafy Salad Pears Grilled Cheese  Choice of Juice Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Tropical Fruits <b>Birthday Cake</b> <b>February Birthdays</b> Choice of Juice Choice of Milk
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY
Salisbury Steak Mashed Potatoes w/ Gravy Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Juice Choice of Milk	Chili W/Beans Green Salad Apple Sauce Crackers Cornbread  Choice of Juice Choice of Milk	Hamburger Bun French Fries Stack of Trim Fruit Mix  Choice of Juice Choice of Milk	Pork & Sausage Jambalaya Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	