

## Ashe County Schools K-8

### February 2023 Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Sausage Biscuit Mixed Fruit</p> <p>Hot dog w/ WG bun Baked Fries Mixed Vegetables Clementine</p>	<p>2 Muffin Applesauce</p> <p>Chicken Nachos w/cheese sauce Tortilla Chips Black Beans Steamed corn Salsa Blueberries</p>	<p>3 French Toast Sticks Sliced Peaches</p> <p>Cheese Dippers Marinara Sauce Steamed Carrots Sliced Cucumbers w/ranch Applesauce</p>
<p>6 Sausage Biscuit Diced Pears</p> <p>Chicken Nuggets WG Roll Sweet Potato Waffle Fries Steamed Peas Sliced Peaches</p>	<p>7 Super Donut Applesauce</p> <p>Fish Sticks Hushpuppies Pinto Beans Slaw Applesauce</p>	<p>8 Honey bun Apple</p> <p>Corndog Baked Beans Mashed Potatoes Frozen Strawberry Cup</p>	<p>9 Sausage Biscuit Sliced Peaches</p> <p>Spaghetti w/meat sauce Garlic Toast Broccoli Tossed Salad Apple</p>	<p>10 Breakfast Pizza Apple</p> <p>Pizza Cucumber Slices w/ranch Steamed Carrots Banana</p>
<p>13 Sausage Biscuit Sliced Pears</p> <p>Chicken Strips WG Roll Mashed Potatoes Steamed Carrots Applesauce</p>	<p>14 Scrambled Eggs with Toast</p> <p>Pork Carnitas w/cheese sauce Black Beans Tossed Salad w/Ranch Salsa Blueberries Mgrs Dessert of Choice</p>	<p>15 French Toast Sticks Blueberries</p> <p>Hot dog WG bun Slaw Baked Fries Fresh Carrots w/ranch Apple</p>	<p>16 Sausage Biscuit Mixed Fruit</p> <p>Chicken Pie Tater Tots Steamed Peas Baked Apples</p>	<p>17 Breakfast Pizza Sliced Peaches</p> <p>Cheese Dippers w/Marinara Sauce Steamed Broccoli Fresh Carrots w/Ranch Mixed Fruit</p>
<p>20 Sausage Biscuit Sliced Pears</p> <p>Chicken Fillet WG Bun Lettuce and Tomato Baked Fries Baked Beans Apple</p>	<p>21 Muffin Blueberries</p> <p>Vegetable or Tomato Soup Grilled Cheese Tossed Salad w/Ranch Mixed Fruit</p>	<p>22 Honeybun Apple</p> <p>Chicken and Waffles Steamed Carrots Baked Fries Frozen Strawberry Cup</p>	<p>23 Sausage Biscuit Sliced Peaches</p> <p>Pork BBQ w/WG Bun Slaw Yams Steamed Broccoli Blueberries</p>	<p>24 Breakfast Pizza Applesauce</p> <p>Pizza Tossed Salad w/Ranch Steamed Corn Banana</p>
<p>27 Sausage Biscuit Apple</p> <p>Popcorn Chicken WG Roll Baked Fries Baked Beans Steamed Peas</p>	<p>28 Mini Pancakes Mixed Fruit</p> <p>Teriyaki Beef Bites WG Roll Broccoli Mashed Potatoes Blueberries</p>			