

# FEBRUARY

## F.L. Moffett Menu

Questions or  
Comments?

Tina Byrnes  
Director of Dining Services  
Phone: 936-598-1599



### Monthly Promotion

February 14<sup>th</sup> - Valentine's Day



### Did you know?

The heart does more physical work than any other muscle in the body. Take care of your heart by staying active, filling up on fruits and veggies, and saving salty snacks and sweets for special occasions.

Fresh Fruit &  
Vegetable Bar  
Served Daily!



This institution is an equal  
opportunity provider.

Monday



Tuesday



Wednesday

Thursday

Friday

5 **Breakfast**  
Golden Pancakes

**Lunch**  
\*Cheesy Nachos  
Crispy Corn Dog  
Steamed Veggies

6 **Breakfast**  
Eggs / Toast

**Lunch**  
Grilled Cheeseburger  
\*Sun Butter/Jelly Sandwich  
Baked Beans

7 **Breakfast**  
Breakfast on a Stick

**Lunch**  
Spaghetti/Meatballs  
Chicken Alfredo  
Steamed Carrots

8 **Breakfast**  
Golden Sausage Roll

**Lunch**  
Ham & Cheese Wrap  
Hot Dog  
Steamed Broccoli

9 **Breakfast**  
Blueberry Waffles

**Lunch**  
Chicken Nuggets  
Country Fried Steak  
Mashed Potatoes

12 **Breakfast**  
Breakfast on a Stick

**Lunch**  
Juicy Hamburger  
Turkey & Cheese Sub  
Spicy Green Beans

13 **Breakfast**  
Sausage Biscuit

**Lunch**  
Fish Nuggets  
Hot Dog  
Baked Beans

14 **Breakfast**  
French Toast Sticks

**Lunch**  
Ham & Cheese Wrap  
Crispy Corn Dog  
Steamed Carrots

15 **Breakfast**  
Eggs/ Toast

**Lunch**  
Chicken Alfredo  
Spaghetti/Meatballs  
Steamed Broccoli

16

**STUDENT  
HOLIDAY**

19

**STUDENT  
HOLIDAY**

20 **Breakfast**  
Chicken Biscuit

**Lunch**  
Chicken Nuggets  
Juicy Hamburger  
Yellow Corn

21 **Breakfast**  
Breakfast Pizza

**Lunch**  
Fish Filet  
Zesty Orange Chicken  
Spicy Green Beans

22 **Breakfast**  
Biscuits & Gravy

**Lunch**  
Juicy Hot Dog  
Italian Wrap  
Steamed Carrots

23 **Breakfast**  
Yogurt Parfait

**Lunch**  
\*Cheesy Nachos  
Chicken Sandwich  
Charro Beans

26 **Breakfast**  
Golden Pancakes

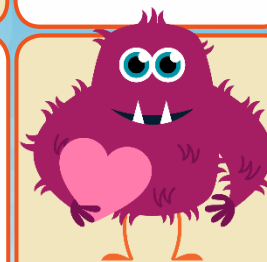
**Lunch**  
Juicy Hot Dog  
Turkey/Cheese Sandwich  
Baked Beans

27 **Breakfast**  
Eggs/ Toast

**Lunch**  
Chicken Nuggets  
Spaghetti/Meatballs  
5 Way Mixed Veggies

28 **Breakfast**  
Breakfast on a Stick

**Lunch**  
Grilled Cheese  
\*Lemon Fish Filet  
Steamed Broccoli



Fresh Fruit Selection &  
Reduced Sugar Cereals  
Available Daily at Breakfast



Breakfast Meal Price: Paid Free / Reduced Free    Lunch Meal Price: Paid \$2.55 / Reduced \$0.40    Adult Meal Price: \$3.55