

FLAGLER COUNTY SCHOOLS VPK LUNCH MENU



DAILY BEVERAGES

Fat Free Chocolate
 .5% Strawberry
 1% White
 Whole Milk (Children 1-2 years only)


IMPORTANT DATES!

Jan 5th	School Resumes
Jan 16th	MLK Birthday
Jan 23rd	Teacher Planning Day
Feb 20th	President's Day
Feb 29th	Early Release
March 30th	Teacher Planning Day
April 2 to April 6th	Spring Break
April 9th	School Resumes
May 9th	Early Release Day
May 28th	Memorial Day
June 6th	Early Release
June 7th	Last Day of School

Cycle 1 Monday	Cycle 1 Tuesday	Cycle 1 Wednesday	Cycle 1 Thursday	Cycle 1 Friday
<p><u>Specials of the Day</u></p> <p>Ravioli</p> <p><u>SERVED WITH</u> Chilled Peaches Breadstick</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Cheeseburger Sliders</p> <p><u>SERVED WITH</u> Cinnamon Applesauce Carrot Coins</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Chicken Nuggets</p> <p><u>SERVED WITH</u> Chilled Pears Green Beans Mashed Potatoes</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>BBQ Pork Sliders</p> <p><u>SERVED WITH</u> Strawberry Cup Baked Beans</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Fish Sticks</p> <p><u>SERVED WITH</u> Baked Apple Slices Mixed Vegetables Tater Tots</p> <p>* Milk Variety</p>
Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
<p><u>Specials of the Day</u></p> <p>Mac N' Cheese</p> <p><u>SERVED WITH</u> Applesauce Green Beans</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Chicken Nuggets</p> <p><u>SERVED WITH</u> Chilled Peaches Broccoli Mashed Potatoes</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Quesadilla</p> <p><u>SERVED WITH</u> Strawberry Cup Golden Corn</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Chicken Potato Bowl</p> <p><u>SERVED WITH</u> Baked Apple Slices Peas & Carrots Breadstick</p> <p>* Milk Variety</p>	<p><u>Specials of the Day</u></p> <p>Hamburger</p> <p><u>SERVED WITH</u> Chilled Pears Carrot Coins Tater Tots</p> <p>* Milk Variety</p>

BE A FIT KID

A Fit Kid is one who eats well, gets a lot of physical activity (exercise), and has a healthy weight.



If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Here are five rules to live by, if you're a kid who wants to be fit.

1. Eat a variety of foods, especially fruits and vegetables.
2. Drink water and milk most often.
3. Listen to your body (It will tell you when its full after you eat)
4. Limit screen time (the more time you spend watching TV or playing video games the less time you have for fun exercise).
5. Be active - One job you have as a kid - is that you get to figure out what fun activities you like to do.

<http://kidshealth.org>

MEAL PRICES

Student	\$1.50
Adult	\$3.25

The meal includes an entrée, choice of 3 sides and milk.

Nutrition and Allergen Information available at:

<http://www.flaglerschools.com/content/menu-analysis>

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*Menus are subject to change, without notice, due to the availability of products.

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