

● Dance Marathon will be held March 6th in ●
 ● Prophetstown! Erie High School, Prophetstown ●
 ● High School and Prophetstown Middle School ●
 ● will join together to benefit the University of Iowa ●
 ● Stead Family Children's Hospital. Please stay ●
 ● tuned for more details. ●



2020
Breakfast Menu

FEBRUARY



Monday **Tuesday** **Wednesday** **Thursday** **Friday**
Elementary Building Only Fruit, 100% Juice and Milk are available with every breakfast All menus subject to change.

3 Sausage, Egg & Cheese Biscuit	4 Assorted Cereal Frudel	5 Pop Tart String Cheese	6 Yogur Cup Nutri Grain Bar	7 Cinnamon Roll
10 Assorted Cereal Nutri Grain Bar	11 Mini Cinni String Cheese	12 Cheese Omelet Sausage Link 1/2 Biscuit	13 English Muffin with Jelly Yogurt Cup	14 Assorted Cereal Mini Muffin <i>HAPPY Valentine's Day</i>
NO SCHOOL 	18 Assorted Cereal Nutri Grain Bar	19 French Toast Stix with Syrup Sausage Pattie	20 Donut String Cheese	21 Yogurt Cup Frudel
24 Assorted Cereal Pop Tart	25 Sausage & Cheese Biscuit	1/2 Day Dismissal Assorted Muffins String Cheese	27 Scrambled Eggs Bacon 1/2 Biscuit	28 Frudel Yogurt 
<i>HELLO February</i>				

2020 FEBRUARY

XOXOXO



Monday **Tuesday** **Wednesday** **Thursday** **Friday**
Milk served with all meals. Chef Salads available daily at Middle School & Salad Bar available at the High School All menus subject to change.

3 Cheese Tortellini with Marinara Sauce Steamed Broccoli Whole Grain Bosco Stix Mixed Fruit	4 Pork Carnita Nachos With Cheese Sauce Shredded Lettuce & Tomatoes Sour Cream & Salsa Refried Beans Fruit Cup Churro	5 Turkey & Gravy Over Biscuit Green Beans Diced Peaches Mini Rice Krispie Treat	6 Corn Dog Oven Fries Cole Slaw Applesauce Whole Grain Cookie	7 Fiestada Pizza with Chips Romaine Salad with Tomatoes and Fat Free Dressing Pineapple Tidbits Reduced Fat Cake
10 Hamburger on Bun Oven Fries Cheese & Pickles Onions & Tomatoes Peaches Mini Rice Krispie Treat	11 Chili or Tomato Soup Toasted Cheese Sandwich Crackers Diced Peaches Veggie Stix	12 BBQ Pulled Pork on Whole Grain Bun Baked Chips Cole Slaw Mixed Fruit Fruit Snack	13 Walking Taco with Meat & Cheese Lettuce & Tomatoes Refried Beans Sour Cream & Salsa Fruit Churro	14 Chicken Nuggets Potatoes with Gravy Corn Whole Grain Dinner Roll Diced Pears Valentine Treat
NO SCHOOL 	18 Chicken & Cheese Quesadilla Lettuce & Tomatoes Sour Cream & Salsa Refried Beans Fruit Cup Churro	19 Scalloped Potatoes with Ham Whole Grain Garlic Bread Corn Mixed Fruit	20 Lasagna Roll Up with Meat Sauce & Cheese Bosco Stix Steamed Broccoli Applesauce	21 Pizza Hut Hand Tossed Pepperoni Pizza Romaine Salad with Tomatoes and Fat Free Dressing Pineapple Tidbits Reduced Fat Cake
24 Crispito with Cheese Lettuce & Tomatoes Sour Cream & Salsa Refried Beans Fruit Whole Grain Cookie	25 Turkey & Gravy Over Potatoes Green Beans Whole Grain Dinner Roll Peaches	1/2 Day Dismissal 26 Cheese Tortellini with Marinara Sauce Whole Grain Garlic Bread Romaine Salad with Fat Free Dressing Pineapple Tidbits	27 Chicken Sandwich Hashbrown Cole Slaw Mixed Fruit Treat	28 Popcorn Shrimp Whole Grain Mac & Cheese Veggies with Ranch Dip Applesauce Cup
				