




Celebrate Random Acts of Kindness Week (RAKW) this year February 18th – 22nd!

In honor of RAKW, visit www.randomactsofkindness.org for ideas on how you can spread kindness every day, including: leave positive messages on sticky notes for others; plant a tree, donate toys, blankets, or clothes you don't need; make friends with someone who is new in school; smile; laugh; and **thank a teacher**.

The website also features calendars with daily ideas of kind acts, posters, certificates to acknowledge kind acts from others, coloring pages, bookmarks, games, and more.

"Kindness is choosing love over hate, light over darkness, compassion over judgement." - RAKtivist

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<p>Beef Sloppy Joe Tater Tots</p> <p>Shredded BBQ Pork Green Beans</p> <p>Garden Bar Selections Caesar Salad 🍴 Craisins Pickles Hamburger Bun 🍴 Chocolate Chip Cookie 🍴</p>				
4	5	6	7	8
<p>Cheese Pizza 🍴</p> <p>Popcorn Chicken Warm Breadstick 🍴</p> <p>Garden Bar Selections Ranch Salad 🍴 Mixed Fruit Jicama Sticks 🍴 Sweet Potato Sticks 🍴 Cauliflower 🍴</p>	<p>Chicken Patty Green Beans</p> <p>All Beef Hamburger Corn</p> <p>Garden Bar Selections Caesar Salad 🍴 Apple Slices 🍴 Carrot Coins 🍴 Pickles Hamburger Bun 🍴</p>	<p>Beef Fiesta Nachos Tortilla Chips 🍴</p> <p>Italian Dunkers 🍴 Marinara Sauce</p> <p>Garden Bar Selections Ranch Salad 🍴 Bananas 🍴 Celery Sticks 🍴 Edamame Garbanzo Beans</p>	<p>Whole Grain French Toast Sticks 🍴 Pork Sausage Link</p> <p> Korean BBQ Beef Brown Rice 🍴</p> <p>Garden Bar Selections Caesar Salad 🍴 Pears Grape Tomatoes 🍴 Cucumber Coins 🍴</p>	<p>No School</p>  <p><i>"We don't have to agree on anything to be kind to one another." - Unknown</i></p>
11	12	13	14	15
<p>Beef Cheeseburger Tater Tots</p> <p>Spicy Chicken Sandwich Tater Tots</p> <p>Garden Bar Selections Caesar Salad 🍴 100% Fruit Juice 3 Bean Salad Jicama Sticks 🍴 Pickles Hamburger Bun 🍴</p>	<p>Grab & Go Lunch 🍴 <i>String Cheese, Yogurt, & Berry Bread Slice</i></p> <p>Spaghetti 🍴 with Beef Meat Sauce</p> <p>Garden Bar Selections Ranch Salad 🍴 Apples 🍴 Sweet Potato Sticks 🍴 Potato Salad</p>	<p>Chicken Strips Seasoned Wedges</p> <p>Soy Butter & Jelly Sandwich 🍴</p> <p>Garden Bar Selections Caesar Salad 🍴 Peaches Celery Sticks 🍴 Kohlrabi Sticks 🍴 Goldfish Graham 🍴</p>	<p>Beef & Turkey Pepperoni Pizza 🍴</p> <p> Chicken Pot Pie</p> <p>Garden Bar Selections Ranch Salad 🍴 Bananas 🍴 Cucumber Coins 🍴 Dinner Roll 🍴</p>	<p>Chicken Teriyaki Spiced Brown Rice 🍴</p> <p>Beef Taco Salad Tortilla Chips 🍴</p> <p>Garden Bar Selections Caesar Salad 🍴 Pears Broccoli 🍴 Carrot Coins 🍴</p>

"We rise by lifting others." - Robert Ingersoll

18	19	20	21	22
<p>Whole Grain French Toast Sticks </p> <p>Pork Sausage Link</p> <p>Cheese Lasagna V </p> <p>Garden Bar Selections</p> <p>Ranch Salad </p> <p>Pineapple</p> <p>Blueberries</p> <p>Carrots Coins </p> <p>Garbanzo Beans </p>	<p>Turkey Hot Dog</p> <p>Seasoned Wedges</p> <p>Hot Ham & Cheese Tater Tots <i>(made with turkey ham)</i></p> <p>Garden Bar Selections</p> <p>Caesar Salad </p> <p>Strawberries</p> <p>Coleslaw</p> <p>Cauliflower </p> <p>Hot Dog Bun </p>	<p>Chicken & Waffles </p> <p>Pizza Dunkers <i>(contains pork)</i></p> <p>Marinara Sauce</p> <p>Garden Bar Selections</p> <p>Ranch Salad </p> <p>Mandarin Oranges</p> <p>Grape Tomatoes </p> <p>Celery Sticks </p>	<p>Cheese Pizza V </p> <p> Beef Stew</p> <p>Garden Bar Selections</p> <p>Caesar Salad </p> <p>Fruit Juice Slushie</p> <p>Chili-Lime Jicama Sticks </p> <p>Dinner Roll </p>	<p>Mac & Trees V </p> <p>Chicken Nuggets</p> <p>Corn</p> <p>Garden Bar Selections</p> <p>Ranch Salad </p> <p>Apple Slices </p> <p>Veggie Juice</p> <p>Broccoli </p> <p>Goldfish Graham </p>
25	26	27	28	<p>Prices:</p> <p>Breakfast: \$1.25</p> <p>Lunch: \$2.60</p> <p>(Reduced: \$0.40)</p> <p>Milk for home lunch: \$0.50</p> <p>*Milk is included with meals.</p> <p> </p> <p>MADISON METROPOLITAN SCHOOL DISTRICT FARM TO SCHOOL PROJECT Great Food, Great Schools</p>
<p>Turkey Corn Puppies </p> <p>Carrots</p> <p>Beef Chili with Pasta</p> <p>Tortilla Chips </p> <p>Garden Bar Selections</p> <p>Caesar Salad </p> <p>100% Fruit Juice</p> <p>Mango</p> <p>Carrot Coins </p> <p>Cauliflower </p>	<p>Beef Walkin' Tacos</p> <p>Corn</p> <p>Grilled Cheese V </p> <p>Garden Bar Selections</p> <p>Ranch Salad </p> <p>Peaches</p> <p>Grape Tomatoes </p> <p>Refried Beans</p> <p>Fritos </p>	<p>Beef & Turkey Pepperoni Pizza </p> <p>Grab & Go Lunch V <i>String Cheese, Yogurt, & Chocolate Chip Mini Loaf </i></p> <p>Garden Bar Selections</p> <p>Caesar Salad </p> <p>Bananas </p> <p>Broccoli Salad </p> <p>Jicama Sticks </p>	<p>Whole Grain Pancakes </p> <p>Pork Sausage Link</p> <p> Indian Butter Chicken</p> <p>Brown Rice </p> <p>Garden Bar Selections</p> <p>Ranch Salad </p> <p>Apples </p> <p>Celery Sticks </p> <p>Sweet Potato Sticks </p>	

Daily Breakfast Menu

All breakfast meals include string cheese, assorted fruit, and milk. Assorted varieties of cereal available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausage & Cheese English Muffin	Whole Grain Cinni Mini	Homemade Trail Mix Bar or Berry Bread slice	Homemade Muffin	Bagel & Cream Cheese/Jelly

Check out all the ways we're keeping our menu healthy!



Key:

- V** = vegetarian
- = made with whole grains (≥50%)
- = fresh fruit/vegetable
- = Farm to School product included
- = Chef's Kitchen

Get the daily menu on your phone!

Download the Nutrislice mobile app! Get nutrition information for each food, images, and descriptions. Visit our district's new menus site at: mmsd.nutrislice.com

This institution is an equal opportunity provider.

What is Chef's Kitchen?

The Chef's Kitchen is a new program designed to introduce our students to new and exciting items. To learn more about this program, go to <https://food.madison.k12.wi.us/> and click the Chef's Kitchen link.