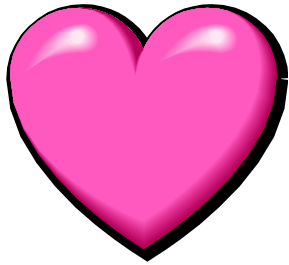


HAPPY VALENTINE'S DAY!



FEBRUARY 14

Monday, February 13

Breakfast
Muffins,
Applesauce, Milk

Lunch
Cheese Pizza,
Fresh Pears,
Lettuce &
Tomatoes, Corn,
Milk

Tuesday, February 14

Breakfast
Breakfast Burrito,
Honeydew Melon,
Milk

Lunch
Corn Dogs, Honey
dew Melons,
Baked Beans, Milk

Wednesday, February

Breakfast
Pop Tarts, Juice,
Milk

Lunch
Chicken Nuggets,
Dinner Roll,
Applesauce,
Seasoned Fries,
Milk

Thursday, February

Breakfast
French Toast,
Sausage Patty,
Blue berries, Milk

Lunch
Hamburgers,
Potato Salad,
Green Beans,
Cantaloupes, Milk

Friday, February 17

Breakfast
Donuts, Juice

Lunch
Turkey Wraps,
Grapes, Spinach
Salad, Carrot
Sticks, Pickle
Spear, Milk



Powerhouse!

Monday, February 20



NO SCHOOL
TODAY

Tuesday, February 21

Breakfast
Sausage Patty,
Waffles, Banana,
Milk

Lunch
Hot Dogs, Mixed
Fruit, Baked Beans,
Tater Tots, Milk

Wednesday, February

Breakfast
Bagels, Yogurt,
Egg Patty, Fresh
Apple, Juice, Milk

Lunch
PBJ Sandwich,
Oranges, Carrot
Sticks, Chips, Milk

EARLY

Thursday, February

Breakfast
Donuts, Orange,
Milk

Lunch
Baked Chicken,
Dinner Roll,
Chilled Peaches,
Broccoli, Mashed
Potatoes, Milk

Friday, February 24

Breakfast
Egg Patty, Toast,
Apple, Milk

Lunch
Tuna Salad,
Lettuce &
Tomatoes,
Cucumber Slices,
Dinner Roll,
Grapes, Milk



100% WHOLE WHEAT: 3 GRAMS PER SLICE **WHITE BREAD: .8 GRAMS PER SLICE**

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 27

Breakfast
Applesauce,
Muffin, Milk

Lunch
Chicken Patties,
Honey dew
Melons, Lettuce &
Tomatoes,
Seasoned Fries,
Milk

Tuesday, February 28

Breakfast
Breakfast Pizza w/
Sausage, Egg,
Cheese, Banana,

Lunch
Pepperoni Pizza,
Grapes, Spinach
Salad, Corn, Milk



Every complete meal we
serve comes with your
choice of milk!