

Grades 2-5

February 2013

Happy Heart Month!

February is Heart Month! The American Heart Association reminds us to take good care of our heart by eating a healthy diet, getting regular exercise, and not smoking. Have an extra serving of fruits and vegetables and go outside and play!

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



*items served together

~ Milk Served Daily ~

Italicized items only served to Grades 2-5

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

BBQ Pork Riblets* 4
*Baked Chicken**
Bean & Rice Burrito (V)
**Whole Grain Dinner Roll*
Baked Beans
Garden Salad
Orange Wedges
Pineapple

Broccoli Cheese Minis (V) 5
Corn Dog
Tuna Wrap
Snap Peas
Cucumber & Carrot Sticks
Apple Slices
Pears
Chocolate Chip Cookie

Cheese Omelet or Sausage Patty* 6
Snap Peas
***Mini Blueberry Pancakes or French Toast Sticks**
Veggie Wrap (V)
Deli Roasters
Broccoli
Grapes
Mandarin Oranges

Hot Dog 7
Mozzarella Sticks (V)
Fajita Chicken Salad
Steamed Carrots
Green Beans
Banana
Applesauce
Fruit Swirl Cup

Chicken Parmesan 1
Orange Ginger Chicken Bowl
Veggie Burger (V)
Peas
Green Beans
Fresh Fruit
Peaches
Fruit Swirl Cup

Buffalo Chicken Bites* 8
Chicken Bites*
Ham Salad
Chik'N Nuggets (V)
***Mashed Potatoes/Dinner Roll**
Fresh Veggie Bowl
Broccoli, Cauliflower & Carrots
Fresh Fruit
Fruit Cocktail

Meatball Sub 11
Chicken & Vegetable (V)
Alfredo
Turkey Salad
Peas
Carrot Sticks
Orange Wedges
Pineapple
Banana Bread

Chicken Parmesan 12
Mexican Chicken Salad
Beef or Black Bean (V) Tacos
Black Beans
Green Beans
Apple Slices
Peaches

Chicken Fryz 13
Buffalo Chicken Wrap
Cheese Salad (V)
Garden Salad
Sweet Potato Crinkles
Grapes
Mandarin Oranges
Carrot Bread

Hamburger 14
Chicken or Chik'n (V) Patty
Sandwich
Craisin Turkey Apple Salad
Baked Beans
Steamed Carrots
Banana
Applesauce
Oatmeal Raisin Cookie

Cheese Pizza (V) 15
Pepperoni Pizza
Chicken & Mini Dumplings
Ham Salad
Broccoli
Tomato & Cucumber Salad
Fresh Fruit
Peaches
Fruit Swirl Cup

President's Day 18
No School

Macaroni & Cheese (V) 19
Ham & Cheese Sub
Turkey Salad
Green Beans
Sweet Potato Crinkles
Apple Slices
Peaches
Fruit Swirl Cup

Chicken or Black Bean (V) Fiesta Wrap 20
Meat Nachos
Chef Salad
Tomato & Cucumber Salad
Broccoli, Cauliflower & Carrots
Grapes
Mandarin Oranges

Pasta Pockets (V) & Meatballs (optional) 21
Baked Chicken & Roll
Tuna Salad Sandwich
Fresh Veggie Bowl
Corn
Banana
Applesauce

Lasagna* 22
*Fish Sticks**
Baked Potato & Cheese (V)
Garlic Toast*
Peas
Carrot Sticks
Fresh Fruit
Fruit Cocktail

Cheese Pizza (V) 25
Pepperoni Pizza
Tuna Tetrazzini
Chef Salad
Garden Salad
Broccoli, Cauliflower & Carrots
Orange Wedges
Pineapple

BBQ Chicken Bites* 26
Chicken Bites*
Hummus Veggie Wrap (V)
***Whole Grain Dinner Roll**
Cucumber & Tomato Salad
Corn
Apple Slices
Pears
Carrot Bread

Mozzarella Sticks (V) 27
Chicken Egg Roll & Rice
Asian Chopped Salad
Carrot Sticks
Snap Peas
Grapes
Mandarin Oranges
Fruit Swirl Cup

Chicken or Black Bean (V) Quesadillas 28
Beef & Broccoli Bowl
Mexican Chicken Salad
Corn & Black Bean Salad
Broccoli
Banana
Applesauce
Chocolate Chip Cookie

