### Grades 6-8

# February 2013

Monday

Tuesday

Wednesday

Thursday

#### Friday

Orange Ginger Chicken Bowl

Chicken Parmesan

Veggie Burger (V)

Green Beans

Fruit Swirl Cup

Fresh Fruit Peaches

Peas

Turkey & Cheese Sub

## 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 Ribletts\* Baked Chicken\* Bean & Rice Burrito (V) Craisy Turkey Apple Salad \*Whole Grain Dinner Roll

Baked Beans Garden Salad Orange Wedges Pineapple

Meatball Sub

Chocolate Chip Cookie Southwest Taco Bowl Chicken Parmesan Beef or Black Bean (V) Tacos

Broccoli Cheese Minis (V)

Cucumber & Carrot Sticks

Corn Doa

Tuna Wrap

Apple Slices

Pears

Snap Peas

Lasagna

Mexican Chicken Salad Black Beans Green Beans Apple Slices Peaches

Cheese Omelet or Sausage Patty\* \*Mini Blueberry Pancakes or French Toast Sticks Turkey or Veggie Wrap (V) Deli Roasters

Broccoli Grapes Mandarin Oranges

Chicken Frvz

Garden Salad

Carrot Bread

Meat Nachos

Grapes

Philly Cheese Steak Sub

Buffalo Chicken Wrap

Sweet Potato Crinkles

Chicken Fiesta Wrap

Mandarin Oranges

Mandarin Oranges

Cheese Salad (V)

Tuna Sub Hot Doa Mozzarrella Sticks (V) Faiita Chicken Salad Steamed Carrots Green Beans Banana Applesauce

Fruit Swirl Cup

Hamburger Grilled Ham & Cheese Chicken or Chik'n (V) Patty Sandwich Craisy Turkey Apple Salad

Baked Beans Steamed Carrots Banana Applesauce Qatmeal Raisin Cookie

Pasta Pockets (V) & Meatballs (optional) Baked Chicken & Roll **Tuna Salad Sandwich** Ham Wrap Fresh Veggie Bowl

Banana Applesauce **Buffalo Chicken Bites** Chicken Bites\* Chik'N Nuggets (V) Ham Salad \*Mashed Potatoes/Dinner Roll

Fresh Veggie Bowl Broccoli, Cauliflower & Carrots Fresh Fruit Fruit Cocktail

Cheese Pizza (V) Pepperoni Pizza Chicken & Mini Dumplings Ham Salad

Broccoli Tomato & Cucumber Salad Fresh Fruit Peaches Fruit Swirl Cup

22 Fish Sticks\* Lasagna\* Grilled Chicken Wrap Baked Potato & Cheese (V) Garlic Toast\* Peas Carrot Sticks Fresh Fruit

Fruit Cocktail

Vegetable Alfredo (V) Turkey Salad Peas

Chicken &Veggie Alfredo

Carrot Sticks Orange Wedges Pineapple Banana Bread

Macaroni & Cheese (V) Chicken Patty Sandwich Ham & Cheese Sub **Turkey Salad** 

Green Beans Sweet Potato Crinkles Apple Slices Peaches Fruit Swirl Cup

Black Bean Fiesta Wrap (V) Chef Salad Tomato & Cucumber Salad Broccoli Cauliflower & Carrots Grapes

Beef or Chicken Stir-Fry Chicken Egg Roll & Rice Mozzarella Sticks (V) Asian Chopped Salad Carrot Sticks

Snap Peas Grapes Mandarin Oranges Fruit Swirl Cup

**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!

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\*items served together

~ Milk Served Daily ~

#### **President's Day**

No School

Tuna Tetrazzini Cheese Pizza (V) Pepperoni Pizza Chef Salad

Garden Salad Broccoli, Cauliflower & Carrots Orange Wedges Pineapple

BBQ Chicken Bites\* Chicken Bites\*

**Turkey Salad** Hummus Veggie Wrap (V) \*Whole Grain Dinner Roll

Cucumber & Tomato Salad Corn Apple Slices

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

