

# Grades 6-8

# 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!

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\*items served together  
~ Milk Served Daily ~

### Monday

**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."

**Chicken Parmesan**  
**Turkey & Cheese Sub**  
**Orange Ginger Chicken Bowl**  
**Veggie Burger (V)**  
Peas  
Green Beans  
Fresh Fruit  
Peaches  
Fruit Swirl Cup

**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

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

### Tuesday

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

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

**Chicken Fryz**  
**Philly Cheese Steak Sub**  
**Buffalo Chicken Wrap**  
**Cheese Salad (V)**  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Carrot Bread

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

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

### Wednesday

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

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

**Chicken Fryz**  
**Philly Cheese Steak Sub**  
**Buffalo Chicken Wrap**  
**Cheese Salad (V)**  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Carrot Bread

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

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

### Thursday

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

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

**Chicken Fryz**  
**Philly Cheese Steak Sub**  
**Buffalo Chicken Wrap**  
**Cheese Salad (V)**  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Carrot Bread

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

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

### Friday

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

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

**Chicken Fryz**  
**Philly Cheese Steak Sub**  
**Buffalo Chicken Wrap**  
**Cheese Salad (V)**  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Carrot Bread

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

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

**President's Day**  
*No School*

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

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

