

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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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."

1
Chicken Parmesan
 Green Beans
 Fresh Fruit
 Milk

4
BBQ Pork Riblets
Whole Grain Dinner Roll
 Garden Salad
 Orange Wedges
 Milk

5
Broccoli Cheese Minis
 Cucumber & Carrot Sticks
 Apple Slices
 Milk

6
Sausage Patty
Mini Blueberry Pancakes
 Deli Roasters
 Mandarin Oranges
 Milk

7
Hot Dog
 Steamed Carrots
 Banana
 Milk

8
Chicken Bites
Whole Grain Dinner Roll
 Fresh Veggie Bowl
 Fresh Fruit
 Milk

11
Meatball Sub
 Peas
 Orange Wedges
 Milk

12
Chicken Parmesan
 Green Beans
 Apple Slices
 Milk

13
Chicken Fryz
Whole Grain Dinner Roll
 Garden Salad
 Grapes
 Milk

14
Hamburger
 Baked Beans
 Banana
 Milk

15
Cheese or Pepperoni Pizza
 Tomato & Cucumber Salad
 Fresh Fruit
 Milk

18
President's Day
No School

19
Macaroni & Cheese
 Sweet Potato Crinkles
 Apple Slices
 Milk

20
Chicken Fiesta Wrap
 Broccoli, Cauliflower & Carrots
 Mandarin Oranges
 Milk

21
Pasta Pockets & Meatballs
 Corn
 Applesauce
 Milk

22
Lasagna
Garlic Toast
 Carrot Sticks
 Fresh Fruit
 Milk

25
Cheese or Pepperoni Pizza
 Garden Salad
 Orange Wedges
 Milk

26
Chicken Bites
Whole Grain Dinner Roll
 Cucumber & Tomato Salad
 Apple Slices
 Milk

27
Mozzarella Sticks
 Carrot Sticks
 Grapes
 Milk

28
Chicken Quesadillas
 Corn & Black Bean Salad
 Banana
 Milk

