

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 ~



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."

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

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

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

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

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

8  
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

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

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

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

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

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

18  
**President's Day**  
  
*No School*

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

20  
Chicken Fiesta Wrap  
Meat Nachos  
Black Bean Fiesta Wrap (V)  
Chef Salad  
Tomato & Cucumber Salad  
Black Beans  
Grapes  
Mandarin Oranges

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

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

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

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

27  
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

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