

February is National 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

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
- Banana Bread

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
- Carrot Bread

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