

Monday, February 13

Breakfast

Sausage Pancake on Stick

Lunch

Chicken Patty
On Whole Wheat Roll

Choice of Two

Mashed Potatoes ~Gravy
Peas
Pineapple Chunks
Fruit Juice
Soup: Chicken Noodle

Tuesday, February 14

Breakfast

Breakfast Bagel

Lunch

Baked Scoops w/ Beef
~ Cheese Cup

Choice of Two

Corn, Black Beans
Grapes
Fruit Juice
Soup: Cream of Potato
Bonus: Cupids' Dessert!

Wed., February 15

Breakfast

Mini Honey Wheat Bun

Lunch

Corn Dog
Mighty Rib

Choice of Two

Green Beans, Fries
Peas
Fruit Juice
Soup: Chicken-n-Dumplings

Thursday, February 16

Breakfast

Assorted Muffins

Lunch

Chicken Teriyaki

Choice of Two

Steamed Rice
Stir Fry Veggies
Peaches
Fruit Juice
Soup: Minestrone

Friday, February 17

Breakfast

Honey Wheat Donut

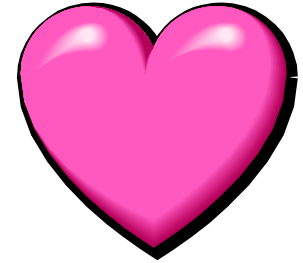
Lunch

Hot Ham and Cheese
On Pretzel Bun

Choice of Two

California Blend
Mandarin Oranges
Fruit Juice
Soup: Chef's Choice

HAPPY
VALENTINE'S
DAY!



FEBRUARY 14

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

Breakfast

Sausage Pancake on Stick

Lunch

Chicken Quesadilla

Choice of Two

Spanish Rice
Steamed Corn
Applesauce
Fruit Juice
Soup: Hearty Vegetable

Wed., February 22

Breakfast

Breakfast Pizza

Lunch

Meatball Sub

Choice of Two

Scalloped Potatoes
Winter Mix
Apple/Cherry Crisp
Fruit Juice
Soup: Chicken Rice

Thursday, February 23

Breakfast

Hot Pocket

Lunch

Chicken Tenders
~Warm Wheat Roll

Choice of Two

Mac-n-Cheese
Spinach
Stewed Tomatoes
Fruit Cocktail, Juice
Soup: Chef's Choice

Friday, February 24

Breakfast

Breakfast Burrito

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Baby Carrots w/Dip
Peas
Fruit Juice
**Bonus: Sun Chips!*



NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate – at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Monday, February 27

Breakfast

Sausage Pancake on Stick

Lunch

Chicken Parmesan
w/wo Pasta

Choice of Two

Broccoli
Mandarin Oranges
Fruit Juice
Soup: Peas-n- Dumplings

Tuesday, February 28

Breakfast

Scrambled Egg w/Cheese

Lunch

Beef Taco
~Hard or Soft Shell

Choice of Two

Lettuce & Tomato
Black Beans, Corn
Frozen Peaches
Fruit Juice
Soup: Chicken Chili

Wed., February 29

Breakfast

Cinnamon Pancakes

Lunch

Spaghetti w/wo Meatballs
Spaghetti w/ Marinara Sauce
~Garlic Toast

Choice of Two

Green Beans
Mixed Fruit
Fruit Juice
Soup: Chef's Choice

Available Daily

SPECIALLY MADE TO ORDER SANDWICHES AND WRAPS

PROTEINS AVAILABLE: Tuna, Ham, Turkey, Italian, Cheese, Peanut Butter, Bologna, Egg Salad, Chicken Salad

BREADS AVAILABLE: Sub Roll, Kaiser Roll, Sliced Bread, Bagels & Wraps

ALSO AVAILABLE: Yogurt, Chef Salad, Pizza Choice, Soup of the Day

CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS: 1% White, Skim Milk, Fat Free Chocolate

BREAKFAST: Bagels, Yogurt, Graham Crackers, Cereal, Cereal Bars, Fruit Juice &

FRUIT

Olives

Olives and the oil that is made from them are the basis of the healthy Mediterranean-style diet. Olives are a great source of iron and fiber, and although they are high in fat, it's the "good" kind of fat that helps lower cholesterol.

OF THE MONTH