

Monday, February 13

**Breakfast**

☺ Hot Oatmeal

**Lunch**

☺ Chicken Patty  
On Whole Wheat Roll

**Choice of Two**

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

Tuesday, February 14

**Breakfast**

Sausage Pancake on Stick

**Lunch**

☺ Baked Scoops w/ Beef  
~ Cheese Cup

**Choice of Two**

☺ Corn  
☺ Warm Apple Slices  
Fruit Juice  
Soup: Cream of Potato  
*Bonus: Cupids' Dessert!*

Wed., February 15

**Breakfast**

Mini Honey Wheat Bun

**Lunch**

☺ Chicken Peirogi  
Cheeseburger on Bun

**Choice of Two**

☺ Broccoli  
☺ Mandarin Oranges  
Fruit Juice  
☺ Soup: Vegetable

Thursday, February 16

**Breakfast**

Bagel w/wo Cream Cheese

**Lunch**

☺ Mighty Rib on Bun  
Corn Dog

**Choice of Two**

☺ Green Beans  
☺ Pears  
Fruit Juice  
Soup: Chicken n Dumplings

Friday, February 17

**Breakfast**

Honey Wheat Donut

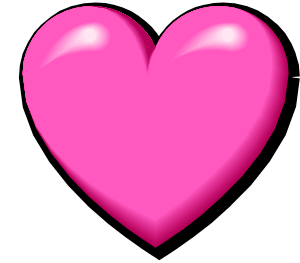
**Lunch**

☺ Cheese Pizza  
Pepperoni Pizza

**Choice of Two**

☺ Tossed Salad  
w/Lite Dressing  
☺ Peaches  
Fruit Juice  
Soup: Chef's Choice

HAPPY VALENTINE'S DAY!



FEBRUARY 14

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

**Breakfast**

Hot Oatmeal

**Lunch**

☺ Chicken Tenders  
~ Warm Wheat Roll

**Choice of Two**

☺ Mac-n-Cheese  
☺ Spinach  
Stewed Tomatoes  
Fruit Cocktail, Juice  
☺ Soup: Hearty Vegetable

Wed., February 22

**Breakfast**

Breakfast Pizza

**Lunch**

Sloppy Joe on Bun

**Choice of Two**

☺ Au Gratin Potatoes  
☺ Winter Mix  
☺ Grapes  
Fruit Juice  
☺ Soup: Chicken Rice

Thursday, February 23

**Breakfast**

☺ Hard Cooked Egg  
☺ ~Whole Wheat Toast

**Lunch**

Chicken Quesadilla

**Choice of Two**

☺ Spanish Rice  
☺ Steamed Corn  
☺ Applesauce  
Fruit Juice  
☺ Soup: Bean

Friday, February 24

**Breakfast**

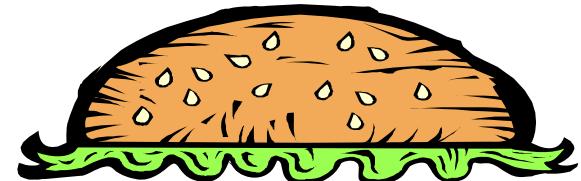
Breakfast Bagel

**Lunch**

Toasted Cheese

**Choice of Two**

☺ Tomato Soup  
☺ Baby Carrots w/Dip  
☺ Pears  
Fruit Juice  
*\*Bonus: Goldfish Pretzel!*



**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**

☺ Hot Oatmeal

**Lunch**

Cheeseburger on Bun

**Choice of Two**

☺ Potato Wedges  
☺ Lettuce & Tomato  
☺ 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**

Pancakes

**Lunch**

☺ Spaghetti w/wo Meat  
Spaghetti w/ Marinara Sauce  
~Garlic Toast

**Choice of Two**

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

Available Daily

Breakfast: Yogurt  
Graham Crackers  
Toast, Fruit, & Fruit Juice  
Lunch: Chef's Salad ~ Crackers  
Yogurt ~ Crackers  
Peanut Butter & Jelly Sandwich  
Tuna Sandwich, Ham & Cheese Sandwich  
(Includes Two Sides + Milk!)

Skim Milk, 1% Milk, Fat Free Chocolate

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