

Monday, February 13

**Breakfast**

Assorted Cold Cereal

**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**

Pancakes

**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**

Bagel w/wo Cream Cheese

**Lunch**

Chicken Peirogi

Cheeseburger on Bun

**Choice of Two**

☺ Broccoli

☺ Mandarin Oranges

Fruit Juice

☺ Soup: Vegetable

Thursday, February 16

**Breakfast**

Sausage Pancake on a Stick

**Lunch**

Mighty Rib on Bun

Corn Dog

**Choice of Two**

☺ Green Beans

☺ Pears

Fruit Juice

Soup: Chicken n Dumplings

Friday, February 17

**Breakfast**

Low Fat Cinnamon Bun

**Lunch**

Cheese Pizza

Pepperoni Pizza

**Choice of Two**

☺ Tossed Salad

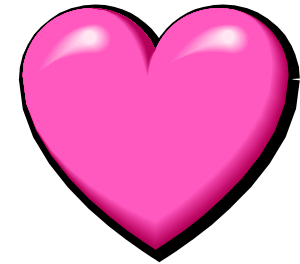
w/Lite Dressing

☺ 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**

Honey Wheat Donut

**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**

Mini Honey Wheat Bar

**Lunch**

Sloppy Joe on Bun

**Choice of Two**

Au Gratin Potatoes

☺ Winter Mix

☺ Grapes

Fruit Juice

☺ Soup: Chicken Rice

Thursday, February 23

**Breakfast**

Hot Pocket

**Lunch**

Chicken Quesadilla

**Choice of Two**

☺ Spanish Rice

☺ Steamed Corn

☺ Applesauce

Fruit Juice

☺ Soup: Bean

Friday, February 24

**Breakfast**

Mini Cinnis

**Lunch**

Toasted Cheese

**Choice of Two**

Tomato Soup

☺ Baby Carrots w/Dip

☺ Pears

Fruit Juice

*\*Bonus: Goldfish Pretzel!*

Monday, February 27

**Breakfast**

Assorted Cold Cereal

**Lunch**

Cheeseburger on Bun

**Choice of Two**

Potato Wedges

☺ Lettuce & Tomato

☺ Broccoli

☺ Mandarin Oranges

Fruit Juice

☺ Soup: Peas-n- Dumplings

Tuesday, February 28

**Breakfast**

Pancakes

**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**

Muffin

**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

**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**

**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**