

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

**Choice of Two**

- ☺ Broccoli
- ☺ Mandarin Oranges
- ☺ Fruit Juice
- ☺ Soup: Vegetable

Thursday, February 16

**Breakfast**

- ☺ Bagel w/wo Cream Cheese

**Lunch**

- ☺ Mighty Rib on Bun

**Choice of Two**

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

Friday, February 17

**Breakfast**

- ☺ Honey Wheat Donut

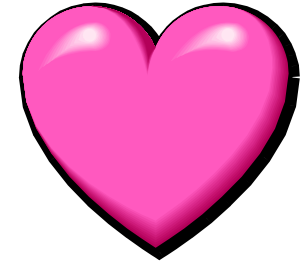
**Lunch**

- ☺ Chicken Egg Roll
- ☺ ~Sweet and Sour Sauce
- ☺ Corn Dog

**Choice of Two**

- ☺ Steamed Rice
- ☺ Stir Fry Veggies
- ☺ Peaches
- ☺ 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**

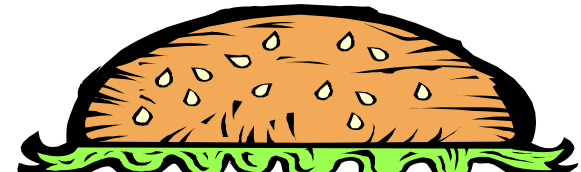
- ☺ Breakfast Bagel

**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 Tuna, Turkey, and Ham & Cheese Subs

(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