

Monday		Tuesday		Wednesday		Thursday		Friday	
<p><b>American Heart Month</b></p> <p>Keep your heart healthy by getting 60 minutes of physical activity every day! You can also help your heart by eating a diet with plenty of fruits and vegetables, lean protein and low fat or fat free dairy.</p>  				<p>1</p> <p>Hamburger or School Sandwich Lettuce, Tomato, Chips <b>Choose 2 Sides:</b> Green Beans, Pears and Juices</p>		<p>Groundhog Day 2</p> <p>Popcorn Chicken w/ Rice Pilaf or School Entrée <b>Choose 2 Sides:</b> Turnio Greens, Baked Apples and Juices</p> 		<p>3</p> <p><b>New!</b> Three Cheese Flatbread Sandwich w/Sauce or School Entrée <b>Choose 2 Sides:</b> Assorted Vegetables, Fruits and Juices</p>	
6		7		8		9		10	
<p>Fish on Bun or School Entrée/Cole Slaw <b>Choose 2 Sides:</b> French Fries, Black Eyed Peas, Applesauce and Juices</p>		<p>Mini Tacos or School Entrée/ Rice Cookie <b>Choose 2 Sides:</b> Steamed Corn, Pineapple Chunks and Juices</p>		<p>Manager's Choice Soup &amp; Toasted Cheese Sandwich or School Entrée <b>Choose 2 Sides:</b> Garden Salad, Mixed Fruit and Juices</p>		<p>Honey Lemon Chicken or School Entrée /Roll <b>Choose 2 Sides:</b> Steamed Broccoli, Mashed Potatoes, Peaches and Juices</p>		<p>Pizza or School Entrée <b>Choose 2 Sides:</b> Assorted Vegetables, Fruits and Juices</p>	
13		<p> <b>Valentine's Day</b> 14</p>		15		16		17	
<p>Honey BBQ Pork Rib on Bun Lettuce, Tomato, Pickles or School Entrée <b>Choose 2 Sides:</b> Sweet Potatoes, Pears and Juices</p>		<p>Spaghetti w/Meat Sauce or School Entrée Breadstick <b>Choose 2 Sides:</b> Spinach Salad, Applesauce and Juices</p>		<p><b>Student Planned</b></p>		<p>Vegetable Beef Soup &amp; Toasted Cheese Sandwich or School Entrée <b>Choose 2 Sides:</b> Garden Salad, Mixed Fruit and Juices</p>		 <p><b>Teacher Workday</b></p>	
20		21		22		<p><b>National Chili Day</b> 23</p>		24	
<p>Chicken Patty on Bun w/ Lettuce, Tomato &amp; Pickle <b>Choose 2 Sides:</b> California Blend Peaches and Juices</p>		<p>Country Fried Pork Chop w/ Gravy or School Entrée/Roll <b>Choose 2 Sides:</b> Green Beans, Mashed Potatoes, Pears and Juices</p>		<p>Ham &amp; Cheese on Croissant or School Entrée <b>Choose 2 Sides:</b> Green Peas, Baked Apples Juices</p>		<p>Nachos Chili &amp; Cheese or School Entrée Cookie <b>Choose 2 Sides:</b> Steamed Corn, Mixed Fruit and Juices</p>		<p>Pizza or School Entrée <b>Choose 2 Sides:</b> Assorted Vegetables, Fruit and Juices</p>	
27		28		29		<p><b>It's National Sweet Potato Month!</b></p> <p>Sweet potatoes are a superfood because 1 medium sweet potato provides over 300% of the recommended daily intake of vitamin A. Did you know... what are sometimes called yams in the U.S. are actually sweet potatoes. A true yam is an edible starchy tuber that is grown in the Caribbean and tastes nothing like a sweet potato!</p> 			
<p>Hot Dog or School Entrée Chili / Slaw Sun Chips® <b>Choose 2 Sides:</b> Baked Beans, Pears and Juices</p>		<p>Sweet BBQ Glazed Chicken Nuggets or School Entrée Roll <b>Choose 2 Sides:</b> Sweet Potatoes, Turnip Greens, Applesauce and Juices</p>		<p><b>Manager's Choice</b></p>					

### Breakfast Menu

Everyday  
Choices include Cereal & Graham Crackers, Juice and Milk  
Other Choices:

**Monday**  
Chicken Biscuit or French Toast Mini

**Tuesday**  
Breakfast Pizza or Pop Tart & Graham Crackers

**Wednesday**  
Egg Croissant or Muffin & Graham Crackers

**Thursday**  
Pancakes or Breakfast Bar

**Friday**  
Breakfast Wrap or Apple or Cinnamon Roll

*We offer a variety of Skim and 1% Milk everyday. Served with meals and sold A La Carte. Crackers are offered daily as a bread serving.*



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 = Whole Grain