

# February 2017

Check out lunch, you will like it!

## LUNCH



Stay Warm – Cold Winds are Blowing , We might get Snow!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**Monday**



**Tuesday**

Healthy

Heart  
Month!

**Wednesday**

**Thursday**

**Friday**

Pork Rib on a Bun **6**  
Leaf Lettuce & Tomato  
Sweet Potato Puffs  
Fresh Apple, Milk

Chicken Chili Crispito **7**  
Tortilla Chips, Tomato Salsa  
Refried Beans,  
Berries & Banana, Milk

Corn Dog **8**  
Green Beans, Tri Tater  
Fruit Cocktail,  
Oatmeal CC cookie, Milk

Turkey & Cheese Sub **9**  
Vegetable Soup  
Garden Salad  
Fresh Orange, Milk

Chicken Fajita, **10**  
Red Pepper Strips, Salsa  
Broccoli Florets, Tortilla  
Chips, Fresh Grapes, Milk

Chicken & Noodles **13**  
Mashed Potatoes  
Baby Carrots, Fresh Apple  
Roll & Honey, Milk

Happy Valentine's D **14**  
Pig in a Blanket  
Baked Beans, Tri Tater  
Diced Peaches, Milk

Grilled Chicken Wrap **15**  
Seasoned Rice, Steamed  
Zucchini, Fresh Orange,  
Teddy Grahams, Milk

No School Today **16**  
Parent/Teacher  
Conferences

No School Today **17**

Pepperoni Pizza **20**  
Celery Sticks,  
Cherry Tomatoes,  
Fresh Banana , Milk

Hot Ham and Cheese **21**  
Potato Wedge  
Broccoli Florets  
Fruit Cocktail, Milk

Chicken Patty **22**  
Mashed Potatoes & Gravy  
Green Beans, Diced Pears  
Roll & Jelly, Milk

Spaghetti & Meat Sau **23**  
Garden Salad, Baby  
Carrots, Fresh Apple,  
Garlic Bread, Milk

Soft Taco, Chips, Sals **24**  
Leaf Lettuce, Diced Onion  
& Tomatoes, Refried Beans  
Fresh Orange, Milk

Hamburger on A Bun **27**  
Lf Lettuce & Tomato Slice  
Bell Pepper Strips, Orange  
Oven Fries, Pickles Milk

Chicken Tetrzzini **28**  
Tossed Salad, Cucumber  
Baby Carrots, Peaches  
Garlic Bread, Milk

March  
1- Popcorn Chicken  
2- Sloppy Joe  
3-Baked Chicken, Rice

