

February 2010

Enter School Name Here

Monday	Tuesday	Wednesday	Thursday	Friday
PURPLE 1 Ravioli Kernel Corn Chilled Diced Peaches Wheat Bread Milk	YELLOW 2 Chicken Gravy over Mashed Potatoes Garden Peas Chilled Diced Apricots Roll Milk	ORANGE 3 Baked Chicken Strips Green Beans Mandarin Oranges Peanut Butter Bar Milk	BLUE 4 Hamburger on Bun Cheese & Pickles French Fries Chilled Diced Pears Milk	GREEN 5 Cheese Quesadilla Salsa Cooked Carrots Apple Crisp Milk
PINK 8 Walking Taco Salsa Kernel Corn Pineapple Tidbits Cinnamon Churro Milk	WHITE 9 Baked Chic Nuggets Baked Tator Tots Mandarin Oranges Rice Krispie Treat Milk	PURPLE 10 Sloppy Joe on Bun Chips & Pretzels Peas & Carrots Chilled Apple Sauce Milk	YELLOW 11 Baked Chicken Patty On Bun French Fries Cake/Strawberries Milk	ORANGE 12 Toasted Cheese Tomato Soup Bunch of Grapes Valentine Treat Milk
NO SCHOOL 15 PRESIDENTS' DAY	BLUE 16 French Toast Sticks Sausage Baked Hash Brown 100% OJ Milk	GREEN 17 Baked Chic Nuggets Kernel Corn Diced Peaches Mozz. Cheese Stick Milk	PINK 18 Hamburger on Bun Cheese & Pickles French Fries Mandarin Oranges Pudding Milk	WHITE 19 Cheese Pizza Green Beans ½ Banana Animal Crackers Milk
PURPLE 22 Walking Taco Salsa Kernel Corn Chilled Apple Sauce Cinn. Fish Grahams Milk	YELLOW 23 Turkey Gravy over Mashed Potatoes Chilled Diced Pears Wheat Roll Milk	ORANGE 24 Baked Mini Corn Dogs Baked Beans Diced Apricots Peanut Butter Cookie Milk	BLUE 25 Baked Chicken Patty On Bun French Fries Cherry Crisp Milk	GREEN 26 Macaroni & Cheese Green Beans Chilled Mixed Fruit Roll Milk

Guess What?

Your heart can beat up to 40,000,000 times per year!
 Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

WELLNESS TIP:

Chocolate actually has some amazing health benefits. The most prominent of those benefits is the high number of antioxidants that chocolate contains. Dark chocolate has more antioxidants than milk chocolate. Enjoy chocolate in moderation.

Happy Valentine's Day!

LUNCH PRICES:

Grs. K-6 - 2.50 Hot Lunch
 Grs. 7-12 - 2.75 Hot Lunch
 Grs. K-12 - .50 Milk

Salad Bar:
 Grs. 4-6 - \$2.50
 Grs. 7-12 - \$2.75

A La Carte:
 Grs. 7-12 Only

