

February Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog with Chips Tossed Salad Fruit Cup	2 Crispitos Steamed Vegetables Refried Beans Spanish Rice Mixed Fruit	3 Pizza Italian Salad Mixed Fruit	4 Steak Fingers Hot Roll Creamy Mashed Potatoes Roasted Vegetables Berries & Cream	5 Cheese Burger Basket with Fries Pickle Salad Cookies
8 PB&J Grab & Go with Cheese Stick Carrot Dippers Packaged Crackers Tropical Pineapple	9 Soft Tacos Lettuce & Tomatoes Refried Beans Spanish Rice Fruit Cup	10 Individual Pizzas Seasoned Sweet Corn Banana Sundaes	11 Chicken Strips Hot Roll Creamy Mashed Potatoes Steamed Broccoli Fruit Cup	12 Chicken Burger with French Fries Pickle Salad Cookies
15 <i>Enjoy Your Day Off!</i>	16 Nachos Spanish Rice Refried Beans Tropical Pineapple	17 Pizza Cucumber Nachos Mixed Fruit	18 Popcorn Chicken with Fries Seasoned Corn Hot Roll Color-filled Apple Sauce	19 Cheese Burger Basket with Fries Pickle Salad Cookie
22 Corn Dog Baked Chips Steamed Broccoli Fruit Cup	23 Crispito Lettuce & Tomato Pinto Beans Fruit Salad	24 Pizza Green Beans Fruit Cup	25 Chicken Nuggets Hot Roll Creamy Mashed Potatoes Steamed Vegetables Banana Sundaes	26 Chicken Sandwich Basket with Fries Pickle Salad Cookie

FRUIT OF LOVE

One of the most popular fruits used to show love during Valentine's Day are Strawberries. You can send them in chocolate with a sweet note or make a fruit bouquet out of them, as they do resemble roses. No surprise there since they are a part of the rose family.



DID YOU KNOW!

- ⇒ Strawberries are the only fruit that has seeds on the outside and, on average, there are 20 seeds per berry!
- ⇒ Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C for kids.
- ⇒ Current research suggests that eating just 8 strawberries a day can improve heart health, lower blood pressure, reduce inflammation, reduce the risk of cancers, and even improve cognitive function.
- ⇒ The American Indians introduced the Colonists to strawberries. The crushed berries were mixed with cornmeal and baked into bread. After trying this bread, Colonists developed their own version of the recipe and created Strawberry Shortcake.

Who knew strawberries could be so interesting?!



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, & a Choice of Juice and Milk are also offered daily.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Oatmeal w/ Toppings	Eggs w/ Bacon or Sausage	Breakfast Tornado	Pig in a Blanket	Ham & Cheese Croissant
Week 2 & 4	Donut Shop	Breakfast Sandwich	Biscuits & Gravy	Eggs w/ Bacon or Sausage	Breakfast Pizza