



Every complete meal we serve comes with your choice of milk!

Monday, February 15



NO SCHOOL TODAY

Tuesday, February 16

Breakfast

Breakfast Burritos, Pineapples, Milk

Lunch

Grilled Cheese Sandwich, Veggie Soup, Mixed Fruit, Celery Sticks w/ Pnut Butter Cups, Milk

Wednesday, February

Breakfast

Breakfast Bars, Raisin Toast, Egg Patty, Juice, Milk

Lunch

Beef & Bean Burrito, Spanish Rice, Peaches, Milk

Thursday, February

Breakfast

Sausage Patty, Biscuit, Orange Slices, Milk

Lunch

Hamburger, Lettuce & Tomato, Potato Wedges, Pears, Milk

Friday, February 19

Breakfast

Flapsticks, Juice, Milk

Lunch

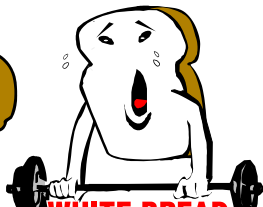
Turkey Sandwiches, Apples, Carrot Sticks, Sun Chips, Milk



Powerhouse!



100% WHOLE WHEAT: 3 GRAMS PER SLICE



WHITE BREAD: .8 GRAMS PER SLICE

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 22

Breakfast

Assorted Danish, Juice, Milk

Lunch

Cheese Pizza- Whole grain crust, Orange Slices, Tossed Salad, Corn, Milk

Tuesday, February 23

Breakfast

Yogurt, Bagel, Sausage Patty, Juice, Milk

Lunch

Chicken Nuggets, Yellow Rice, Green Beans, Wheat Rolls, Peaches, Milk

Wednesday, February

Breakfast

Assorted Muffins, Juice, Milk

Lunch

PBJ Sandwich, Applesauce Cup, Celery Sticks w/ Pnut butter cup, Chips, Milk
EARLY

Thursday, February

Breakfast

Breakfast Pizza, Applesauce, Milk

Lunch

Chicken Salad, Lettuce & Tomato, Carrot Sticks, Roll, Pineapple, Milk

Friday, February 26

Breakfast

French Toast Sticks, Sausage Patty, Juice, Milk

Lunch

Tuna Salad, Lettuce, Cucumber Slices, Crackers, Grapes, Milk

Monday, February 29

Breakfast

Breakfast Bars, Raisin Toast, Hashbrowns, Orange Slices, Milk

Lunch

Corn Dogs, Peaches, Baked Beans, Oven



IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?