Monday, February 12	Tuesday, February 13	Wed., February 14	Thursday, February 15	Friday, February 16
Lunch Chef Salad Beef Taco with Crispy Shell Chicken Hot Wings LCS Potato Plate Yeast Roll Fiesta Rice Steamed Broccoli w/ Cheese Sauce Steamed Carrots Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Milk Choices	**Lunch** Chef Salad Chicken Alfredo with a Twist Cheeseburger LCS Potato Plate Yeast Roll Black-Eyed Peas Oven Fries Cucumber Sticks w/Dip Chilled Canned Fruit Chilled Fresh Fruit Milk Choices	**Lunch** Fruit & Yogurt Plate Chicken Tenders Macaroni & Cheese w/ Ham Slice Yeast Roll Mixed Vegetables Mashed Potatoes Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Milk Choices	**Lunch** Grilled Fajita Salad Spaghetti & Meat Sauce Reg. Or Spicy Chicken Sandwich LCS Potato Plate Whole Wheat Garlic Toast Seasoned Green Beans Sweet Potato Fries Chilled Canned Fruit Chilled Fresh Fruit Milk Choices	**Lunch** Ham & Cheese Yumbo Pizza Variety-Speciality Pizza Variety LCS Potato Plate Saltine Crackers Whole Kernel Corn Tomato & Cucumber Salad Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Chocolate Chip Cookie Milk Choices
Monday, February 19 NO SCHOOL TODAY	**Tuesday, February 20** **Lunch** Chef Salad Chili Cheese over Chips Stromboli Supreme LCS Potato Plate Saltine Crackers Baby Carrots w/Dip Steamed Broccoli W/ Cheese Sauce Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Milk Choices	**Wed., February 21** **Lunch** Fruit & Yogurt Salad Chicken Tenders Cheesy Tater Tot Casserole Yeast Roll Seasoned Green Beans Cucumber Sticks w/Dip Chilled Canned Fruit Chilled Fresh Fruit Milk Choices	**Thursday, February 22** **Lunch** Chef Salad BBQ Pulled Pork Sandwich Tasty Beef-A-Roni LCS Potato Plate Yeast Roll Scalloped Potatoes English Peas Baked Beans Spinach Salad Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Milk Choices	**Friday, February 23** **Lunch** Philly Mozz. Cheese Steak Sandwich Pizza Variety Pizza Variety-Speciality Whole Kernel Corn Crispy Sweet Potato Cubes Chilled Canned Fruit Chilled Fresh Fruit Milk Choices
Monday, February 26 **Lunch** Buffalo Hot Nuggets Rotel Chicken Spaghetti LCS Potato Plate Yeast Roll Seasoned Green Beans Romaine Salad Black-Eyed Peas Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Milk Choices	**Tuesday, February 27** **Lunch** Chef Salad Beef Taco with Crispy Shell Reg. Or Spicy Chicken Sandwich Spanish Rice Refried Beans Steamed Broccoli w/ Cheese Sauce Cucumber Sticks w/Dip Chilled Canned Fruit Chilled Fresh Fruit Milk Choices	**Wed., February 28** **Lunch** Fruit & Yogurt Salad Chicken Noodle Soup & Sandwich Combo Salisbury Steak /Gravy LCS Potato Plate Yeast Roll English Peas Tomato & Cucumber Salad Mashed Potatoes Chilled Canned Fruit Chilled Fresh Fruit Assorted Fruit Juices Milk Choices		

NUTRITION TOGO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS