

Monday, Feb. 12

Cheese Steak Sandwich
Tossed Salad
OR
Chef Salad Platter
W/Wheat Roll

Chilled Pineapple or
Fresh Fruit, Raspberry
Sherbet, Milk

BREAKFAST
Raspberry Churro, Yogurt
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Tuesday, Feb. 13

Chicken Parmesan
Spaghetti, Steamed Broccoli
Italian Bread
OR
Taco Salad

Chilled Fruit Cocktail
or Fresh Fruit, Milk

BREAKFAST
Choice of Cereal
Cinnamon Pretzel Stick
Asst. Juice, Milk
BREAKFAST BAR @ HS

Wed., Feb. 14

Pizza Bread
Steamed Green Beans
OR
Chicken Caesar Salad Platter
W/ Wheat Roll

Chilled Applesauce
or Fresh Fruit
Chilled Pudding, Milk

BREAKFAST
Bagel W/ Cream Cheese
or Jelly, String Cheese
BREAKFAST BAR @ HS

Thursday, Feb. 15

Sea Nuggets
Pierogies, Steamed Peas
OR
Chef Salad Platter
W/ Wheat Roll

Chilled Pears or
Fresh Fruit, Milk

BREAKFAST
Choice of Cereal, Blueberry
Muffin, Asst. Juice, Milk
BREAKFAST BAR @ HS

Friday, Feb. 16

SNOW MAKE-UP DAY

Monday, Feb. 19

PRESIDENT'S DAY
NO SCHOOL

Tuesday, Feb. 20

Meatball Sub
Potato Puffs
OR
Chef Salad Platter
W/ Wheat Roll

Chilled Peaches or
Fresh Fruit, Go-Gurt
Milk

BREAKFAST
Breakfast Bagel
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Wed., Feb. 21

Tomato Soup or Chili @ HS
Crackers, Raw Vegetables
W/ Dip, Toasted Cheese
Sandwich
OR
Chicken Caesar Salad Platter
W/ Muffin

Fresh Fruit, Milk

BREAKFAST
Choice of Cereal, Granola
Bar, Fresh Fruit, Milk
BREAKFAST BAR @ HS

Thursday, Feb. 22

Beef Taco or
Chicken Fajita @ HS
Steamed Corn, Rice Pilaf
OR
Chef Salad Platter
W/ Wheat Roll

Chilled Pears or
Fresh Fruit, Milk

BREAKFAST
Mini Waffle, Sausage Links
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Friday, Feb. 23

Macaroni & Cheese
California Blend Vegetable
OR
Chef Salad Platter

Soft Pretzel
Chilled Fruit Cocktail
or Fresh Fruit, Milk

BREAKFAST
Cereal Bar, String Cheese
Asst. Juice, Milk
BREAKFAST BAR @ HS

Monday, Feb. 26

BRUNCH
French Toast Sticks W/ Syrup
Sausage Links, Hash Brown
OR
Chef Salad Platter
W/ Wheat Roll

Fresh Fruit
Apple Crisp, Milk

BREAKFAST
Flap Stick, Sunflower Seeds
Asst. Juice, Milk
BREAKFAST BAR @ HS

Tuesday, Feb. 27

Deluxe Hamburger
Potato Wedges
OR
Chef Salad Platter
W/ Wheat Roll

Fresh Fruit
Jello Gems, Milk

BREAKFAST
Choice of Cereal
Yogurt, Fresh Fruit,
Milk
BREAKFAST BAR @ HS


Wed., Feb. 28

Chicken Nuggets
Tossed Salad, Wheat Roll
OR
Taco Salad Platter

Chilled Pineapple
or Fresh Fruit, Milk

BREAKFAST
Choice Of Cereal
English Muffin W/ Peanut
Butter, Fresh Fruit, Milk
BREAKFAST BAR @ HS

GRAIN
Quinoa
Pronounced "keen-wah," this South American food might be considered a supergrain! It has a light flavor, and provides a dozen key nutrients, including more iron than other grains.



OF THE MONTH



NUTRITION TO GO
Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells great when it's slow-cooking on a cold winter day, and eating a bowl of hot stew warms us up,
A TASTY MORSEL FOR PARENTS



EXPLORE THE SECRETS OF "MY PYRAMID"

Q: Which item doesn't belong with the others?



A: Did you think the sun didn't belong? Well, it's a trick question! All of the pictured items are sources of vitamin D. Many kinds of fish (like salmon), eggs, cheese, fortified milk and cereal, and sunshine all provide this key nutrient, which is vital for both physical and mental health!

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML