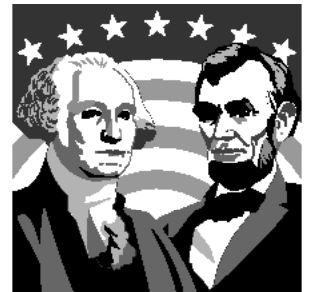




# February



Milk offered daily - .35  
 (1% White, Skim, Chocolate, or Vanilla)  
 Also available daily:  
 Peanut Butter & Jelly Sandwich,  
 Chipped Ham Sandwich on Bun  
 Fridays during Lent - American Cheese  
 Sandwich is substituted for Chipped Ham

|  |   |  |  |  |   |  |
|--|---|--|--|--|---|--|
|  |   |  | 1<br>NO SCHOOL   | GROUNDHOG DAY 2<br><br>Ravioin with Meat Sauce<br>Tossed Salad<br>Bread and Butter<br>Fruit Cocktail | 3<br>Chicken Tenders<br>Buttered Noodles<br>Broccoli/Cauliflower<br>Roll and Butter<br>Mandarin Oranges<br>(Lunch Monies Due) | 4<br>FOOD FOR THOUGHT: Your heart is a muscle, it needs exercise every day.  |
| 5  | 6<br>Stuffed Crust Pizza<br>Corn<br>Shape-Up Applesauce   | 7<br>French Toast Sticks<br>Sausage Pattie<br>Hash Brown<br>Assorted Juice<br>Pineapple Tidbits  | 8<br>Baked Potato Bar<br>Broccoli/Carrots Assort.<br>Toppings<br>Hot Soft Pretzel<br>Sliced Peaches  | 9<br>Chicken Fries<br>Mashed Potatoes & Gravy<br>Green Beans<br>Roll and Butter<br>Sliced Pears  | 10<br>Hoagie (Hot or Cold)<br>Buttered Rice<br>Corn<br>Chocolate/Vanilla Pudding<br>Fruit Cocktail<br>(Lunch Monies Due)      | 11<br>FOOD FOR THOUGHT: Add some fiber to your breakfast. Try some oatmeal with fruit.   |
| 12<br>FOOD FOR THOUGHT: Love your heart with a family walk.                                  | 13<br>Mini Corn Dogs<br>Buttered Noodles<br>Baked Beans/<br>Green Beans<br>Mandarin Oranges                               |  14<br>Meatball Sandwich<br>Pierogies<br>Broccoli/Cauliflower<br>Applesauce | 15<br>Hot Ham Slice<br>AuGratin Potatoes<br>Mini Corn on Cob<br>Pineapple Tidbits  | 16<br>Breaded Chicken Pattie on Bun<br>Smiley Fries<br>Broccoli/Carrots<br>Sliced Peaches  | 17<br>Chicken Fajitas<br>Buttered Rice<br>Corn<br>Assorted Toppings<br>Sliced Pears<br>(Lunch Monies Due)                     | 18   |
| 19   | 20<br><br>NO SCHOOL<br>PRESIDENT'S DAY | 21<br>Spaghetti with Meat Sauce<br>Tossed Salad<br>Breadstick<br>Fruit Cocktail  |  22<br>ASH WEDNESDAY<br>Grilled Cheese Sandwich<br>Hash Brown<br>Corn<br>Mandarin Oranges | 23<br>Grilled Hot Dog on Bun<br>Tater Tots<br>Baked Beans/<br>Green Beans<br>Applesauce<br>(Lunch Monies Due)  | 24<br>EARLY DISMISSAL   | 25<br>FOOD FOR THOUGHT: Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows |
| 26<br>FOOD FOR THOUGHT: Follow the 5-5 rule. Look for cereals with 5 grams or more of fiber! | 27<br>Grilled Chicken Pattie on Bun<br>Pierogies<br>Broccoli/Cauliflower<br>Pineapple Tidbits                             | 28<br>Chicken Nuggets<br>Mashed Potatoes & Gravy<br>Corn/Peas<br>Roll and Butter<br>Sliced Peaches   | 29<br>Hamburger/Cheeseburger on Bun<br>French Fries<br>Baked Beans/<br>Green Beans<br>Sliced Pears   | <br>Keeping a Holy Lent   |   |  |