

During these cold days of winter, don't forget to Keep Moving!! Exercise helps fight off the "Winter Blues" and keeps our bodies healthy. Try these ideas: 1. Family Ice Skating Day; 2. Walking an Indoor Track; 3. Sledding/Shoveling/Snowball Fights; 4. Walking the Mall; 5. Indoor Rock Wall Climbing; 6. Elevate Trampoline Park



Alternative Entrée: Hot Dog on a Bun



Monday



Tuesday

School Breakfasts **7:20am to 7:50am**

Tuesday February 5
Tuesday February 19

Wednesday



Thursday



Friday

Fish Sticks
Goldfish Crackers
Green Beans
Strawberries
Milk

1

Touchdown Chicken Nuggets
Doritos
Great American Beans (with diced ham)
Mandarin Oranges
Milk

4

Jumbo Pizza Bagel
Corn
Mixed Fruit
Chocolate Chip Cookie
Milk
****Taste Test Tuesday****
****Honeydew Melon****

5

Deli Turkey & Cheese on Flatbread
Fresh Broccoli
Apple Crisp
Milk

6

French Toast Sticks
Scrambled Eggs
Cooked Carrots
Apple Slices
Milk

7

Pizza Hut Cheese Pizza
Sliced Cucumber
Pears
Milk

8

Taco Salad (Tortilla Chips or Taco in a Bag)
Salsa Black Bean Salad
Tropical Mixed Fruit
Milk

11

Pizza Hut Sausage Pizza
Caesar Salad
Peaches
Milk

12

Hamburger on a Bun
Oven Fries
Pears
Milk

13

Heart Shaped Chicken Nuggets
Baby Carrot & Cherry Tomato
Strawberries
Chocolate Ice Cream Cup
*****For Everyone!*****
Milk

14

No School

15

Faculty In-Service Day

No School

18

President's Day

Mini Confetti Pancakes
Sausage Patty
Sweet Potato Fries
Switch Drink *variety*
Milk

19

Southwest Chicken & Cheese Quesadillas
Refried Beans
Pineapple Chunks
Milk

20

Meatballs in a Bread Bowl (Volcanos!!)
Green Beans
Peaches
Milk

21

Macaroni & Cheese
Broccoli
Red Delicious Apple
Apple Smile Cookie
Milk

22

Penne in Spaghetti Sauce
Homemade Meatballs
Garlic Bread Stick
Green Beans
Applesauce
Milk

25

Pizza Hut Pepperoni Pizza
Baby Carrots
Mixed Fruit
Chocolate Chip Rice Krispie Treat
Milk

26

Salisbury Steak
Dinner Roll
Mashed Potatoes & Gravy
Mandarin Oranges
Milk

27

Cheesy Wheaty Baked Ziti
****new recipe****
Breadstick
Cooked Broccoli
Peaches
Milk

28

