

February 2010

Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hot or Cold Cereal Peaches 1 * Chicken Patty Sandwich Tater Tots Pear Blush Ketchup	Bacon & Egg WW Toast 2 Mandarin Oranges * Mexican Food Fiesta Day	Waffles (2) Chilled Pears 3 * Chicken Bowl Homemade Roll	Homemade Cinnamon Roll Mixed Fruit 4 * Teriyaki dippers Mac & Cheese Green Beans JellO w/Fruit	WW English muffin Jelly Fruit Cup 5 * Breakfast for Lunch
No School 8	No School 9	Egg/Cheese Biscuit Mandarin Oranges 10 * Steak fingers Gravy Mashed Potatoes Sweet Peas Homemade Roll	Banana Muffins Squares Cherry Applesauce 11 * Dog Daze Sweetheart Cake	Breakfast Burrito Pears Salsa 12 * Cheeseburger Oven Fries Spinach & Pickles Peaches & Cream
No School 15	Hot or Cold Cereal Chilled Fruit 16 * Chicken Fried Steak, Gravy Mashed Potatoes California Veggies Peaches Homemade Roll	Honey Bun Pears 17 * Quesadilla Homemade Vegetable Soup Orange Smiles	Biscuit & Gravy Cherry Applesauce 18 * Chicken Fingers Sweet & Sour Sauce Steamed Rice Peas & Carrots	Quesadilla Salsa Fruit Cup 19 * Homemade Bean & Cheese Burrito Corn Fresh fruit
Hot or Cold Cereal Turnover Juice 22 * Cheeseburger French Fries Spinach & Pickles Orange Wedges	Cinnamon Toast Yogurt Peaches 23 * Open Face Turkey Sandwiches Mashed Potatoes Gravy Mixed Veggies	Bacon & Egg WW Toast Pears 24 * Spaghetti Meat sauce Green Beans Tossed Salad Garlic Roll	Pancakes Pineapple 25 * Frito Pie Corn Bananas & Pineapple Homemade Cinnamon Twist	Egg Cheese Biscuit Chilled Fruit 26 * Extreme Burrito Broccoli & Sauce Fresh Fruit

Guess What?

Your heart can beat up to 40,000,000 times per year!
 Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.



School News

**President's Day
 February 15, 2010**

Options for noon meals are PB&J or Salad.

