

February 2017



♥ February is Heart Health Month ♥

Pittsylvania County Schools
Pittsylvania County, VA
Grades 9-12



Available Daily

Freshly made salads

Salads are made fresh daily with leafy green lettuces & fresh veggies.

Fresh Fruits

Pick from a variety of seasonal fruits.

Milk

Skim white or chocolate come with all meals.

USDA is an equal opportunity provider and employer.

Wednesday, February 1

¹Grilled Cheese Sandwich ²PBJ ³Sunbutter® & Jelly
Vegetables (choose many)

Vegetable Beef Soup,

Cucumber Slices, Fresh Garden Salad

Fruits (choose one of each) Fresh Grapes, Fresh Fruits and Fruit Cup

Thursday, February 2

Entrées (choose one)

¹Rotisserie Seasoned Drumsticks ²Sliced Ham
each offered with School Roll

Vegetables (choose many)

Black-eyed Peas, Mashed Potatoes

Fruits (choose one of each) Fresh Fruit and Fruit Cup

Friday, February 3

Entrees (choose one) ¹Slice of Big Daddy's® Pizza

Vegetables (choose many)

Roasted Cauliflower, Red Pepper Strips, BLT Chop Salad

Entrees (choose one) ²POTATO BAR

with all the fixings

Vegetables (choose one) Salad, Pepper Strips

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Monday, February 6

Entrees (choose one) Buffalo Chicken Wings

offered with Dinner Roll

Vegetables (choose many)

French Fries, Pinto Beans, Celery Sticks

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Tuesday, February 7

BUILD YOUR OWN SUB

Entrees (choose one) ¹Turkey ²Chicken Salad

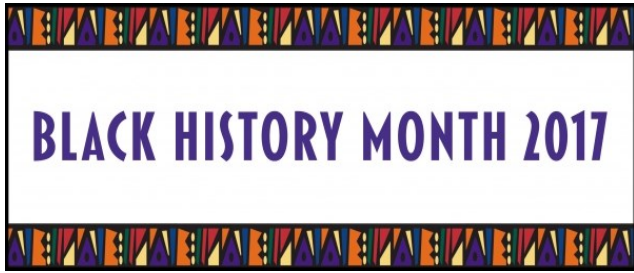
³Tuna Salad, or ⁴Hummus (vegetarian option)

each offered with Chips

Vegetables (choose many) Assorted Fresh Toppings

Fruits (choose one of each)

Fresh Fruits and Fruit Cup



Milk is offered each day with every meal at no extra charge.

Wednesday, February 8

Entrees (choose one) ¹BBQ Sandwich with Chips

Entrees (choose one)

Lots-of-Chicken Chicken Noodle Soup
offered with Breadstick

Vegetables (choose many) Assorted Veggies

Fruits (choose one of each) Fresh Grapes

Fresh Fruits and Fruit Cup

Thursday, February 9

Entrées (choose one)

¹Steak & Cheese Sub with Chips, L/T/P

²Mandarin Orange Chicken over Rice
with Vegetable Egg Roll

Vegetables (choose many)

Fresh Steamed Broccoli Florets

Fruits (choose one of each) Fresh Fruit, Fruit Cup

Friday, February 10

Entrée (choose one) ¹Slice of Big Daddy's® Pizza

Vegetables (choose many)

Steamed Corn, Bell Pepper Strips, Turnip Greens

Entrée (choose one)

²POTATO BAR with all the fixings

Vegetables (choose one) Bell Pepper Strips

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Fresh Baked Cookie

Monday, February 13

Entrées (choose one) ¹Corn Dog Nuggets

²Manager Planned Entrée

Vegetables (choose many)

BLT Chop Salad, Baked Beans

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Tuesday, February 14

BUILD YOUR OWN NACHOS

Entrées (choose one) ¹Chicken ²Original Taco
over Tortilla Chips with Cheese

Vegetables (choose many)

Fresh Toppings, Guacamole, Steamed Corn

Fruits (choose one of each) Fresh Fruit, Fruit Cup

Wednesday, February 15

Entrées (choose one) ¹Deli Chicken Sandwich

²SunButter® & Jelly ³PBJ

Vegetables (choose many)

L/T/P, Baked Potato Soup, Fresh Vegetables

Fruits (choose one of each)

Fresh Grapes, Fresh Fruit and Fruit Cup



Thursday, February 16

Entrées (choose one) ¹BBQ Chicken Teriyaki over Rice with Vegetable Egg Roll
²Clubhouse Sub with Chips, L/T/P
Vegetables (choose many)
Steamed Broccoli, Baby Carrots
Fruits (choose one of each)
Fresh Fruit and Fruit Cup

Friday, February 17

Entrée (choose one) ¹Quesadilla Triangles
Vegetables (choose many)
Salsa, Turnip Greens, Garden Salad
Entrée (choose one)
²POTATO BAR with all the fixings
Vegetables (choose one) Garden Salad
Fruits (choose one of each)
Fresh Fruit and Fruit Cup

Monday, February 20

1:00 p.m. dismissal

Entrées (choose one) ¹Clux[®] Chicken Chunks offered with dinner roll
²Vegetable Chili with Crackers
Vegetables (choose many)
Sweet Potatoes, BLT Chop Salad, Black-eyed Peas
Fruits (choose one of each)
Fresh Fruit and Fruit Cup

Tuesday, February 21

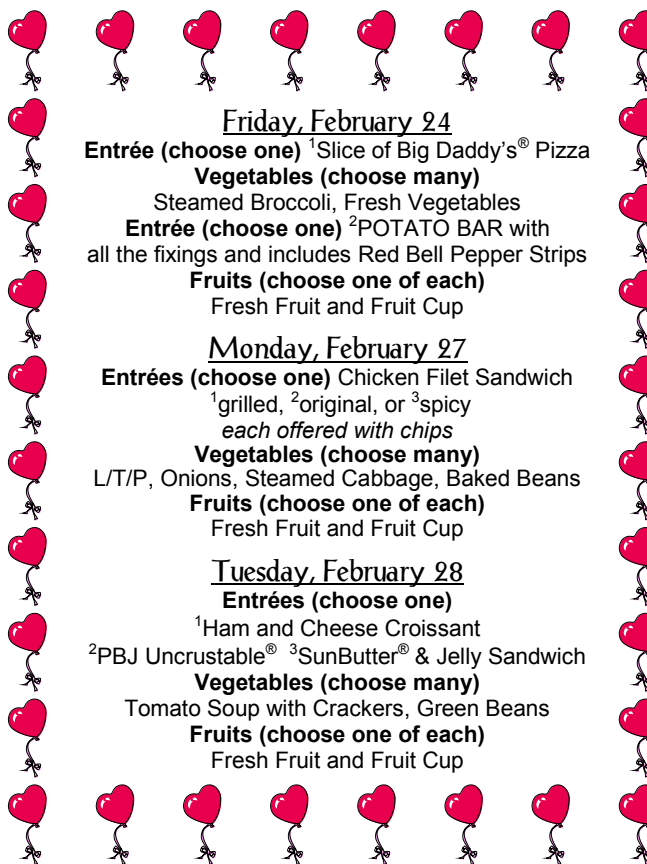
Entrées (choose one) OVEN BAKED SUBS
¹Ham and Cheese ²Turkey and Cheese
each offered with chips
Vegetables (choose many)
Assorted Fresh Toppings, Carrots w/ dip
Fruits (choose one of each)
Fresh Pear, Fresh Fruit and Fruit Cup

Wednesday, February 22

Entrée (choose one)
Manager Planned Sandwich with chips
Vegetables (choose many)
L/T/P, Green Beans, Diced Onions
Entrée (choose one) ²Vegetable Plate with Pinto Beans, Green Beans, Diced Onions
Mashed Potatoes & Home-made School Roll
Fruits (choose one of each)
Fresh Grapes, Fresh Fruit, and Fresh Cup

Thursday, February 23

Entrées (choose one)
¹Homemade Lasagna offered with breadstick
²Deli Chicken Sandwich with chips, L/T/P
Vegetables (choose many)
Fresh Garden Salad, Steamed Corn
Fruits (choose one of each)
Fresh Fruit and Fruit Cup



Friday, February 24

Entrée (choose one) ¹Slice of Big Daddy's[®] Pizza
Vegetables (choose many)
Steamed Broccoli, Fresh Vegetables
Entrée (choose one) ²POTATO BAR with all the fixings and includes Red Bell Pepper Strips
Fruits (choose one of each)
Fresh Fruit and Fruit Cup

Monday, February 27

Entrées (choose one) Chicken Filet Sandwich
¹grilled, ²original, or ³spicy
each offered with chips
Vegetables (choose many)
L/T/P, Onions, Steamed Cabbage, Baked Beans
Fruits (choose one of each)
Fresh Fruit and Fruit Cup

Tuesday, February 28

Entrées (choose one)
¹Ham and Cheese Croissant
²PBJ Uncrustable[®] ³SunButter[®] & Jelly Sandwich
Vegetables (choose many)
Tomato Soup with Crackers, Green Beans
Fruits (choose one of each)
Fresh Fruit and Fruit Cup

"be prepared"

Learn CPR
First Aid
& Safety

BE PREPARED TO SAVE A LIFE

Contact your local rescue squad or go to
www.redcross.org or www.dlsc.org/training-2
to find a class near you.

The One Grocery Store Item to Avoid



To promote good health, the one food item that children and adults should avoid is SODA!

Forget cutting back – this is one to eliminate altogether!

Scientific research has repeatedly proven that soda has no nutritional value. Whether regular or diet, it is essentially liquid candy, and studies indicate that drinking it can lead to:

- 1. Obesity.** Drinking just one sugar-containing soda per day is linked to weight gain. Even drinking diet soda has been shown to increase waist size over time.
- 2. Diabetes.** Women that drink a sugar-containing soda each day are much more likely to develop diabetes. And, diet soda intake has been shown to raise blood glucose levels.
- 3. Heart Disease.** People that drink soda on a regular basis are much more likely to suffer a heart attack or stroke compared to those people who do not.
- 4. Kidney Issues.** Drinking two or more diet sodas daily can cause loss of kidney function in women.

Opt instead for water, or unsweetened or lightly sweetened tea (the heavily sweetened version would be no better).

SCHOOL BREAKFAST

Breakfast is available to everyone every day.

Lots of options to choose from!

EVERY DAY FAVORITES

Kellogg's[™] Pop-tart[®] twin-pack

Blueberry Muffin

Breakfast Bun

Big Cereals CUP

Yogurt Parfait with Granola topping

Pillsbury Mini Pancakes

Pillsbury French Toast

Biscuits: Chicken, Sausage, or Bacon, Egg, Cheese

CHOOSE 1 FAVORITE

Any choice you choose is offered with fresh fruit, 100% juice, & milk!

