

FEBRUARY 2017

Valentine's Day
 Tuesday, February 14

1:00 p.m. dismissal
 Monday, February 20



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).

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO			1Grilled Cheese 2 PBJ 2/1 3Sunbutter® & Jelly Sandwich Vegetables (choose many) Vegetable Beef Soup, Salad Fruit (can choose one of each) Fresh Grapes and Fruit Cup	LINE CLOSED TODAY 2/2	Slice of Big Daddy's® Pizza 2/3 Vegetables (choose many) Roasted Cauliflower, BLT Chop Salad, Fresh Pepper Strips Fruit (can choose one of each) Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING			1Grilled Cheese 2 PBJ 3Sunbutter® & Jelly Sandwich Vegetables (choose many) Vegetable Beef Soup, Salad Fruit (can choose one of each) Fresh Grapes and Fruit Cup	1Seasoned Drumsticks 2Ham each offered with a School Roll Vegetables (choose many) Blk-eye Peas, Mashed Potatoes Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza Vegetables (choose many) Roasted Cauliflower, BLT Chop Salad, Fresh Pepper Strips Fruit (can choose one of each) Fresh Fruit and Fruit Cup
SOS Salads & Stuff			Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup	POTATO BAR (White or Sweet) with cheese, chili, veg, crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup
GRAB 'N GO	Buffalo Chicken Wings, Roll 2/6 Vegetables (choose many) Fries, Organic Celery Sticks Pinto Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	1Turkey, 2Chicken Salad 3Tuna OR 4Hummus; all offered w/ chips Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Red Orange Wedges, Fruit Cup	BBQ Sandwich with Chips 2/8 Vegetables (choose many) Cole-Slaw, Green Beans Cucumber Slices Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Steak & Cheese SUB 2/9 with Chips, L/T/P Vegetables (choose many) Fresh Steamed Broccoli Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza 2/10 Vegetables (choose many) Steamed Corn Assorted Vegetables Fruit (can choose one of each) Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Buffalo Chicken Wings, Roll Vegetables (choose many) Fries, Organic Celery Sticks Pinto Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	1Tuna, 2Chicken Salad 3Ham OR 4Hummus; all offered w/ chips Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Red Orange Wedges and Fruit Cup	1PBJ, OR 2Grilled Cheese OR 3Sunbutter® & Jelly Sandwich offered with Chick Noodle Soup Vegetables (choose many) Assorted Veggies Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Mandarin Orange Chick. / Rice Vegetables (choose many) Egg Roll Steamed Broccoli Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza Vegetables (choose many) Steamed Corn Assorted Vegetables Fruit (can choose one of each) Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers and Pinto Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Red Orange Wedges, Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup	POTATO BAR (White or Sweet) with cheese, chili, veg, crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	¹ Corn Dog Nuggets 2/13 ² Manager Planned Entree <i>Vegetables (choose many)</i> Baked Beans, BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Chicken Fajita or ² Taco 2/14 over Chips with Cheese <i>Vegetables (choose many)</i> Fresh fixin's, Guacamole, Corn <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Deli Chicken Sandwich ² Grilled Cheese or ³ Sunbutter® & Jelly offered with Baked Potato Soup <i>Assorted Veggies (choose many)</i> <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Clubhouse Wrap 2/16 with Chips <i>Vegetables (choose many)</i> Steamed Fresh Broccoli <i>Fruits (can choose one of each)</i> Fresh Fruit and Fruit Cup	Quesadilla Triangles 2/17 <i>Vegetables (choose many)</i> Salsa, Turnip Greens Fresh Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	¹ Corn Dog Nuggets ² Manager Planned Entree <i>Vegetables (choose many)</i> Baked Beans, BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Chicken Fajita or ² Taco over Chips with Cheese <i>Vegetables (choose many)</i> Fresh fixin's, Guacamole, Corn <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Deli Chicken Sandwich ² Grilled Cheese or ³ Sunbutter® & Jelly offered with Baked Potato Soup <i>Assorted Veggies (choose many)</i> <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	BBQ Chicken Teriyaki with Rice <i>Vegetables (choose many)</i> Steamed Fresh Broccoli Vegetable Egg Roll <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Quesadilla Triangles, Salsa <i>Vegetables (choose many)</i> Salsa, Turnip Greens Fresh Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Baked Beans <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	POTATO BAR (White or Sweet) with cheese, chili, veg, crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup


Baked Sub Sandwiches

GRAB 'N GO	¹ Vegetable Chili, Crackers 2/20 ² Clux® Chicken Chunks <i>Vegetables (choose many)</i> BLT Salad, Black-eyed Peas Roasted Sweet Potatoes <i>Fruits (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Baked Turkey OR ² Ham SUB each offered with Chips <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	Manager Planned 2/22 Sandwich with Chips <i>Vegetables (choose many)</i> L/T/P, Green Beans <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Deli Chicken Sandwich 2/23 <i>Vegetables (choose many)</i> L/T/P, Garden Salad, Steamed Corn <i>Fruit (can choose one of each)</i> Apple Slices and Fruit Cup	Slice of Big Daddy's Pizza 2/24 <i>Vegetables (choose many)</i> Steamed Broccoli Fresh Vegetables <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	¹ Vegetable Chili, Crackers ² Clux® Chicken Chunks <i>Vegetables (choose many)</i> BLT Salad, Black-eyed Peas Roasted Sweet Potatoes <i>Fruits (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Baked Turkey OR ² Ham SUB each offered with Chips <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	<i>Home-cook'n Plate</i> with Pinto Beans, Green Beans, Mashed Potatoes School Roll <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Home-made Lasagna <i>Vegetables (choose many)</i> Steamed Corn Garden Salad <i>Fruit (can choose one of each)</i> Apple Slices and Fruit Cup	Slice of Big Daddy's Pizza <i>Vegetables (choose many)</i> Steamed Broccoli Fresh Vegetables <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Blk-eyed Peas <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fr. Cup	Salads: Chef or Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Apple Slices and Fruit Cup	POTATO BAR (White or Sweet) with cheese, chili, veg, crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup

ALL LINES	Chicken Filet on Bun 2/27 ¹ grilled, ² original, or ³ spicy <i>Vegetables (choose many)</i> L/T/P, Baked Beans, Cabbage <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Ham & Cheese Croissant 2/28 ² PBJ ³ SunButter Sandwich <i>Vegetables (choose many)</i> Tomato Soup, Green Beans <i>Fruit (can choose one of each)</i> Fresh Banana and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Baked Beans <i>Fruit (can choose one of each)</i> Red Orange Wedges, Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Banana and Fruit Cup

Breakfast Menu

Breakfast is available to everyone every day.
Lots of options to choose from!



EVERY DAY FAVORITES

- Kellogg's™ Pop-tarts®
- Blueberry Muffin
- Breakfast Bun
- Cereal Big CUP
- Yogurt Parfait with Granola
- Mini Pancakes / French Tst.

WEEKLY FAVORITES

Mondays, Tuesdays, Thursdays & Fridays:
Sausage or Chicken Biscuit

Wednesdays: Bacon, Egg, & Cheese Biscuit

Choose one FAVORITE from the many different options.

Any favorite you choose comes with fresh fruit, 100% juice, & milk!

