

## February 2018 ❄️

Pittsylvania County Schools  
Pittsylvania County, VA  
Grades 9-12

## AVAILABLE DAILY

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



Fresh whole fruits  
Pick from a variety of apples,  
oranges, bananas, &  
other seasonal fruits.

USDA is an equal opportunity provider and employer.

### Thursday, February 1

#### Entrées (choose one)

<sup>1</sup>Sliced Turkey <sup>2</sup>Sliced Ham  
each offered with School Roll <sup>3</sup>PBJ (no roll)

#### Vegetables (choose many)

Black-eyed Peas, Mashed Potatoes

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

### Friday, February 2

**Entrées (choose one)** <sup>1</sup>Slice of Big Daddy's® Pizza  
<sup>2</sup>PBJ Uncrustable®

#### Vegetables (choose many)

Roasted Cauliflower, Red Pepper Strips, BLT Chop Salad

**Entrées (choose one)** <sup>3</sup>POTATO BAR with all the fixings

**Vegetables (choose one)** Salad, Pepper Strips

**Fruits (choose one of each)**

Fresh Fruit and Fruit Cup

### Monday, February 5

**Entrées (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 6

#### **BUILD YOUR OWN SUB**

**Entrées (choose one)** <sup>1</sup>Turkey and Cheese SUB  
<sup>2</sup>Ham and Cheese SUB  
each offered with Chips

#### Vegetables (choose many)

Assorted Fresh Toppings, Baby Carrots

**Fruits (choose one of each)**

Fresh Fruit and Fruit Cup



Heart disease is the number one cause of death  
for both men and women in the United States.

To learn how to prevent heart disease talk to  
your doctor or visit

<https://www.theheartfoundation.org>

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

### Wednesday, February 7

**Entrées (choose one)** BBQ Sandwich with Chips

#### Entrées (choose one)

<sup>1</sup>Grilled Cheese Sandwich <sup>2</sup>PBJ <sup>3</sup>Sunbutter® & Jelly Sand.  
each offered with Chicken & Rice Soup

#### Vegetables (choose many)

Green Beans, Cucumber Slices, Cole Slaw

**Fruits (choose one of each)**

Fresh Grapes, Fresh Fruit and Fruit Cup

### Thursday, February 8

#### Entrées (choose one)

<sup>1</sup>Clubhouse SUB <sup>2</sup>PBJ

each offered with Chips

<sup>3</sup>Mandarin Orange Chicken over Rice  
with Vegetable Egg Roll

#### Vegetables (choose many)

Steamed Broccoli Florets, Celery Sticks

**Fruits (choose one of each)**

Fresh Fruit and Fruit Cup

### Friday, February 9

**Entrée (choose one)** <sup>1</sup>Slice of Big Daddy's® Pizza  
<sup>2</sup>PBJ Uncrustable®

#### Vegetables (choose many)

Steamed Corn, Bell Pepper Strips, Garden Salad

**Entrée (choose one)** <sup>3</sup>POTATO BAR with all the fixings

**Vegetables (choose one)** Pepper Strips, Salad

**Fruits (choose one of each)**

Fresh Fruit and Fruit Cup

### Monday, February 12

**Entrées (choose one)** <sup>1</sup>Corn Dog Nuggets

<sup>2</sup>Manager Planned Entrée

#### Vegetables (choose many)

BLT Chop Salad, Baked Beans

**Fruits (choose one of each)**

Fresh Fruit and Fruit Cup

### Tuesday, February 13

**BUILD YOUR OWN NACHOS**

**Entrées (choose one)** <sup>1</sup>Chicken <sup>2</sup>Original Taco  
over tortilla chips with cheese

#### Vegetables (choose many)

Fresh Toppings, Guacamole, Steamed Corn

**Fruits (choose one of each)**

Fresh Fruit and Fruit Cup

### Wednesday, February 14

**Entrées (choose one)** <sup>1</sup>Deli Chicken Sandwich  
<sup>2</sup>SunButter® & Jelly <sup>3</sup>PBJ

#### Vegetables (choose many)

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

**Fruits (choose one of each)**

Fresh Grapes, Fresh Fruit and Shape-Up

### Thursday, February 15

**Entrées (choose one)** <sup>1</sup>General Tso's Chicken over Rice with Vegetable Egg Roll  
<sup>2</sup>Hamburger w/ chips, L/T/P <sup>3</sup>PBJ w/ chips  
**Vegetables (choose many)**  
Steamed Broccoli, Baby Carrots  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Friday, February 16

**Entrée (choose one)** <sup>1</sup>Home-made Stromboli <sup>2</sup>PBJ  
**Vegetables (choose many)**  
Pizza Sauce, Turnip Greens, Garden Salad, Cucumber  
**Entrée (choose one)**  
<sup>3</sup>POTATO BAR with all the fixings  
**Vegetables (choose many)** Salad, Cucumber Slices  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Monday, February 19

**Entrées (choose one)** <sup>1</sup>Clux<sup>®</sup> Chicken Chunks  
*offered with dinner roll*  
<sup>2</sup>Vegetable Chili with Crackers  
**Vegetables (choose many)**  
Baked Sweet Potato, BLT Chop Salad, Black-eyed Peas  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Tuesday, February 20

**Entrées (choose one)** OVEN BAKED SUBS  
<sup>1</sup>Steak and Cheese <sup>2</sup>Ham 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 21

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

### Thursday, February 22

**Entrées (choose one)**  
<sup>1</sup>Spaghetti with Meat Sauce or Marinara Sauce  
*offered with breadstick*  
<sup>2</sup>Deli Chicken Sandwich w/ chips, L/T/P <sup>3</sup>PBJ w/ chips  
**Vegetables (choose many)**  
Fresh Garden Salad, Steamed Corn  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Friday, February 23

**Entrée (choose one)** <sup>1</sup>Slice of Big Daddy's<sup>®</sup> Pizza  
<sup>2</sup>PBJ Uncrustable<sup>®</sup>  
**Vegetables (choose many)**  
Steamed Broccoli, Fresh Vegetables  
**Entrée (choose one)** <sup>2</sup>POTATO BAR with all the fixings  
**Vegetables (choose many)** Pepper Strips, Cucumbers  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Monday, February 26

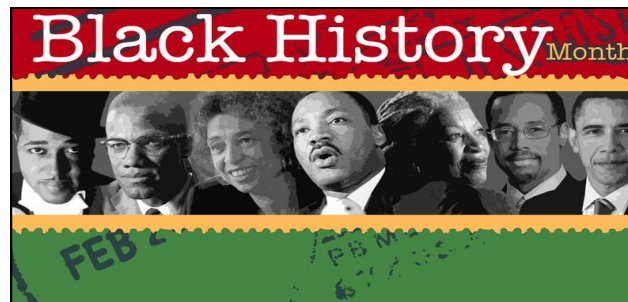
**Entrées (choose one)** Chicken Filet Sandwich  
<sup>1</sup>grilled, <sup>2</sup>original, or <sup>3</sup>spicy  
**Vegetables (choose many)**  
L/T/P, Onions, Fries, Baked Beans  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Tuesday, February 27

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

### Wednesday, February 28

**Entrées (choose one)** <sup>1</sup>Taco <sup>2</sup>Chicken Fajita  
*offered with tortilla chips and cheese*  
**Vegetables (choose many)** Lettuce, Tomato, Salsa, Guacamole, Steamed Corn,  
**Fruits (choose 1 fresh fruit and 1 fruit cup)**  
Fresh Fruit and Fruit Cup



**Black History Month**, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. Since 1976, every U.S. president has officially designated the month of February as Black History Month.

## February is Berry Fresh Month

What better way to add summer sunshine to a winter's day than with fresh, juicy berries? Strawberries, blueberries, blackberries, raspberries, cranberries, and currants are naturally sweet and low in calories, yet are loaded with vitamins, minerals, fiber and antioxidants that your body needs to grow and function properly.



While some fresh berries can only be bought during the summer months, most berry varieties can be found either dried or frozen year round. Berries can be a yummy, nutritious way to jazz up mealtime or snack time. How about a cool blueberry parfait; dried, tangy cranberries on oatmeal or on a fresh, crisp salad; fresh, sweet strawberries on cereal; or a handful of juicy blackberries for an on-the-go snack? So many ways to add nutrition and great taste to any day of the year!

## **SCHOOL BREAKFAST**

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

### EVERY DAY FAVORITES

Kellogg's<sup>™</sup> Pop-tart<sup>®</sup> twin-pack

Chocolate Banana Bar

Breakfast Bun

Big Cereals CUP

Yogurt Parfait with Granola topping

Pillsbury Mini Pancakes

Pillsbury Cinni Minis

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

### CHOOSE 1 FAVORITE

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

