



Valentine's Day
 Wednesday, February 14

End of 6 Weeks
 NO Early Dismissal
 Friday, February 16

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 in 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!



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.

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	 EVERY DAY FAVORITES Kellogg's™ Pop-tarts® Banana Chocolate Chunk Breakfast Bar BIG Cereal Cup / Breakfast Bun Pillsbury Cinni Minis Pillsbury Mini Pancakes Yogurt Parfait with Granola 	 Breakfast is available to everyone every day. Lots of options to choose from! WEEKLY FAVORITES Mondays, Tuesdays, Thursdays & Fridays: Sausage or Chicken Biscuit Wednesdays: Breakfast Pizza or Chicken Biscuit Choose one FAVORITE from the many different options. Any favorite you choose comes with fresh fruit, 100% juice, & milk!	LINE CLOSED TODAY 2/1	Slice of Big Daddy's® Pizza 2/2 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			¹ Sliced Turkey ² Sliced Ham offered with 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 with Crackers OR PB&J Uncrustable® with Veggies 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 2/5 Vegetables (choose many) Fries, Celery Sticks Pinto Beans Fruit (can choose one of each) Fresh Fruit and Strawberry Cup	¹ Turkey SUB ² Ham SUB 2/6 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 2/7 Vegetables (choose many) Cole-Slaw, Green Beans Cucumber Slices Fruit (can choose one of each) Fresh Grapes and Fruit Cup	¹ Clubhouse SUB ² PBJ 2/8 both offered with Chips Vegetables (choose many) Steamed Broccoli, Celery Sticks Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza 2/9 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, Celery Sticks Pinto Beans Fruit (can choose one of each) Fresh Fruit and Strawberry Cup	¹ Turkey SUB ² Ham SUB all offered with chips Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Red Orange Wedges and Fruit Cup	¹ PBJ, OR ² Grilled Cheese OR ³ Sunbutter® & Jelly Sandwich offered with Chicken Rice Soup Vegetables (choose many) Assorted Veggies Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Mandarin Orange Chicken over Rice Vegetables (choose many) Vegetable 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 Strawberry 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 2/12 ² Manager Planned Entree <i>Vegetables (choose many)</i> Baked Beans, BLT Chop Salad <i>Fruit (can choose one of each)</i> Apple Slices and Fruit Cup	¹ Chicken Fajita or ² Taco 2/13 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 Grapes and Shape-Up	¹ Hamburger on Bun, L/T/P ² PBJ all offered with chips <i>Vegetables (choose many)</i> Steamed Broccoli, Baby Carrots <i>Fruits (can choose one of each)</i> Fresh Fruit and Fruit Cup	Stromboli 2/16 <i>Vegetables (choose many)</i> Pizza Sauce, 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> Apple Slices 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 Grapes and Shape-Up	General Tso's Chicken / 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	Stromboli <i>Vegetables (choose many)</i> Pizza Sauce, 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> Apple Slices and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <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 Grapes and Shape Up	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 2/19 ² Clux® Chicken Chunks <i>Vegetables (choose many)</i> BLT Salad, Black-eyed Peas Baked Sweet Potato <i>Fruits (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Ham & Cheese SUB 2/20 ² Steak & Cheese SUB <i>each offered with Chips</i> <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 2/21 Sandwich with Chips <i>Vegetables (choose many)</i> L/T/P, Green Beans, Cole Slaw <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	¹ Deli Chicken Sandwich, L/T/P ² PBJ Uncrustable® <i>Vegetables (choose many)</i> Garden Salad, Steamed Corn <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Slice of Big Daddy's Pizza 2/23 <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 Baked Sweet Potato <i>Fruits (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Ham & Cheese SUB ² Steak & Cheese SUB <i>each offered with Chips</i> <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	<u>Home-cook'n Plate</u> with Pinto Beans, Green Beans, Mashed Potatoes, Cole Slaw School Roll <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Spaghetti with Meat Sauce OR Marinara Sauce <i>Vegetables (choose many)</i> Steamed Corn Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit 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> 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
ALL LINES	Chicken Filet on Bun, L/T/P 2/26 ¹ grilled, ² original, or ³ spicy <i>Vegetables (choose many)</i> Fries, Baked Beans, Onion <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Ham & Cheese Croissant 2/27 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	¹ Chicken Fajita or ² Taco Filling over Chips with Cheese <i>Vegetables (choose many)</i> Fresh fixin's, Guacamole, Corn <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 Banana and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> 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>

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