

February

- ** Lunch forms need to be turned into the **KITCHEN BY 9am.**
- * **Anybody that is eating school lunch must have pre-ordered a lunch, including those who qualify for free and reduced lunches.**
- * Menu is Subject to change. * Milk is included with all school lunches

Monday	Tuesday	Wednesday	Thursday	Friday
4 Corn Dog Broccoli Carrots/Fruit Fruit Snacks	5 Cheese Omelet Ham/Tri-tater Applesauce Grain	6 Chicken Sandwich Baked Beans Oranges Peas	7 Ham & Cheese Sandwich/Grapes Lettuce/Tomatoes Cheez-its	8 No School 
11 Peaches Chicken Nuggets Potato/Peas Rice Krispy Treat	12 French Toast Sausage Potato Applesauce	13 Hot Dog Baked Beans Broccoli Berries	14 Chalupa Lettuce Pears Corn	15 Pepperoni Pizza Fresh Veggies Banana
18 Grilled Cheese Potato Applesauce Carrots	19 Orange Chicken Rice/Fruit Broccoli Fortune Cookie	20 Turkey Burger Baked Beans Cooked Carrots Berries	21 Taco Burrito Rice Corn Fruit	22 Turkey Sandwich Lettuce/Tomatoes Goldfish Craisins
25 Spaghetti Broccoli Peaches Whole Grain Roll	26 Chicken Patty Mashed Potatoes Green Beans Gravy/Roll/Fruit	27 Hamburger Baked Beans Mixed Vegetables Fruit	28 Taco Salad: Taco Meat/Cheese Lettuce/Tomatoes Pineapple/Chips	1 Cheese Pizza Fresh Vegetables Banana



Heart-Healthy Diet: 8 steps to prevent heart disease

1. Control your **portion** size
2. Eat more **vegetables** and **fruits**
3. Select **whole grains**
4. **Limit** unhealthy **fats** and **cholesterol**
5. Choose low-fat **protein** sources
6. Reduce the **sodium** in your food
7. **Plan ahead:** create daily menus
8. Allow yourself an **occasional** treat

This institution is an equal opportunity provider.