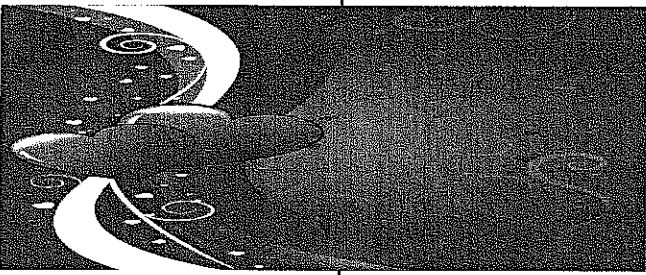


# February Elementary Menu

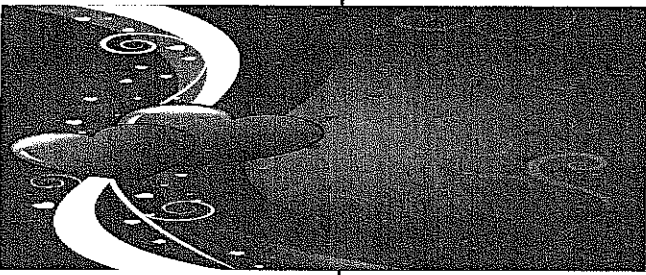
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Oven Chicken Brown-Rice Corn Strawberries Milk	2 Turkey & Noodles Green Beans Whole Grain Roll Chilled Apricots Milk	3 Pizza Carrots Tossed Salad Fruit Milk
6 Ham & Macaroni Casserole Steamed Broccoli Whole Grain Roll Peaches Milk	7 Turkey Sub Potato Rounds Carrots Sticks Apple Crisp Milk	8 Beefy Cheese Nachos Shredded Lettuce & Tomato Rice Fruit Milk	9 Lil Jersey Burger Baked Beans Burger Salad Fruit Milk	10 Spaghetti w/Meat Sauce Garden Salad Whole Grain Breadsticks Seasoned Carrots Orange
13 Salisbury Steak / Gravy Whole Grain Roll Whipped Potatoes Steamed Green Beans Garden Salad Blushing Pears Milk	14 Enchiladas/ Crackers Spanish Rice Pinto Beans Fresh Apple Ice Cream Cups Milk  <b>Happy Valentines Day</b>	15 Turkey Over Rice Wheat Roll Mix Veggies Fruit Milk	16 Chicken Burger On Whole Grain Bun Tater Tots Lettuce & Tomatoes Peach Crisp Milk	17 Lasagna Garlic Bread Steamed Broccoli Tossed Salad Mandarin Oranges Milk
20 Chicken Nuggets/Gravy Whole Grain Roll Broccoli Brown Rice Pineapple Tidbits Milk  <b>Presidents' Day</b>	21 Toasted Ham & Cheese Baked Chips Baby Carrots/ Lite Ranch Fruit Milk	22 Bean & Cheese Chalupas Spanish Rice Salad Fruit Milk	23 Grilled Chicken Patty on Whole Grain Bun Oven Fries Burger Salad Fruit Milk	24 Tuna Casserole Whole Grain Breadsticks Mix Veggies Garden Salad Fruit Milk
27 Country Fried Steak Washed Potatoes Whole Grain Roll Fresh Orange Milk	28 BBQ Riblet Baked Beans Carrots Chilled Apricots Milk	29 Beef Tacos Pinto Beans Lettuce & Tomato Fresh Red Apple Milk		Menu subject to change.



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Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream.

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