



Monday, February 16

Presidents' Day



No School Today

Tuesday, February 17

Lunch

- Chicken Nuggets & Roll
- BBQ Ribette Sandwich*
- Italian Salad & Bosco Stick*
- PBJ Sandwich
- Mashed Potatoes & Gravy
- Chilled Applesauce
- Cold Milk

Wednesday, February 18

Lunch

- Cheese Pizza
- Cheesy Fish Sandwich
- Chef Salad & Bosco Stick
- PBJ Sandwich
- Seasoned Green Beans
- Craisins
- Cold Milk

Thursday, February 19

Lunch

- Soft Chicken Tacos
- Mini Corn Dogs
- Italian Salad & Bosco Stick*
- PBJ Sandwich
- Sweet Corn
- Frozen Juice Cup
- Cold Milk

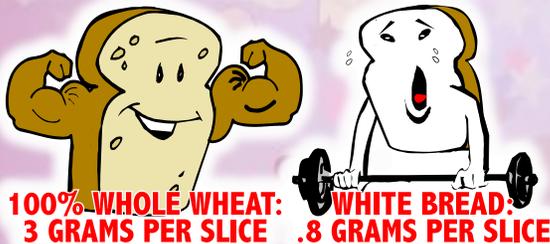
Friday, February 20

Lunch

- Mozzarella Sticks & Dipping Sauce
- Fish Sticks & Cornbread Muffin
- Chef Salad & Bosco Stick
- PBJ Sandwich
- Baby Carrots
- Fresh Apple
- Cold Milk



Powerhouse!



Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 23

Lunch

- Sausage, Egg & Cheese Croissant*
- Sloppy Joe Sandwich
- Popcorn Chicken Salad & Bosco Stick
- PBJ Sandwich
- Green Beans
- Chilled Pears
- Cold Milk

Tuesday, February 24

Lunch

- Straw Hat
- Breaded Chicken Sandwich
- Italian Salad & Bosco Stick*
- PBJ Sandwich
- Ranchero Beans
- Peach Cup
- Cold Milk

Wednesday, February 25

Lunch

- Pretzel Sticks, Popcorn
- Chicken & Queso
- Sub Sandwich
- Chef Salad & Bosco Stick
- PBJ Sandwich
- Seasoned Carrots
- Blue Raspberry Applesauce
- Cold Milk

Thursday, February 26

Lunch

- Orange Chicken & Fried Rice
- Hamburger on Bun
- Italian Salad & Bosco Stick*
- PBJ Sandwich
- Steamed Broccoli
- Chilled Pineapple
- Fortune Cookie
- Cold Milk

Friday, February 27

Lunch

- Cheese Quesadilla
- Fish Sandwich
- Chef Salad & Bosco Stick
- PBJ Sandwich
- Sweet Corn
- Orange Smiles
- Cold Milk

NUTRITION TO GO

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

A QUICK BITE FOR PARENTS



Every complete meal we serve comes with your choice of milk!