

# February

# ELEMENTARY

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Creamy Chicken Pot Pasta with Biscuit or Corn Dog with Chips Seasoned Vegetables Glazed Carrots Fruit Cup</p>	<p>4 Corn Chip Pie or Crispito Pinto Beans Spanish Rice Lettuce &amp; Tomato Homemade Salsa Fruit Salad</p>	<p>5 Meatball Subs or Pizza Cucumber Nachos Seasoned Vegetables Mixed Fruit</p>	<p>6 Steak Fingers or Chicken Nuggets Hot Roll Creamy Mashed Potatoes Steamed Broccoli Banana Sundaes</p>	<p>7 Cheese Burger or Chicken Sandwich Basket Lettuce, Pickles, and Tomatoes Choice of Fresh Fruit</p>
<p>10 Chicken and Waffles Roasted Corn Fresh Cucumber and Tomato Salad Berries &amp; Cream</p>	<p>11 Tacos Spanish Rice Refried Beans Shredded Lettuce and Tomato Homemade Salsa Fruit Cup</p>	<p>12 Chicken Parmesan with Bread Stick or Pizza Italian Salad Seasoned Vegetables Fruit Cup</p>	<p>13 Meatloaf or Baked Chicken Hot Roll Creamy Mashed Potatoes Seasoned Green Beans Peach Crisp</p>	<p>14 <b>Grab N' Go Sack Lunch</b> </p>
<p>17 <i>Enjoy Your Day Off!</i></p>	<p>18 Nachos Spanish Rice Pinto Beans Shredded Lettuce with Tomatoes Homemade Salsa Mixed Fruit</p>	<p>19 Spaghetti with Meat Sauce and Garlic Stick or Pizza Seasoned Green Beans Garden Green Salad Fruit Cup</p>	<p>20 Country Bowl with Mashed Potatoes and Seasoned Corn or Popcorn Chicken Bucket with Fries Tossed Salad Hot Roll Color-filled Apple Sauce</p>	<p>21 Cheese Burger or Chicken Sandwich Basket Lettuce, Pickles, and Tomatoes Choice of Fresh Fruit</p>
<p>24 Chili Cheese Tots with Hot Roll or Chili Dog Baby Carrots with Ranch Dressing Seasoned Vegetables Fruit Cup</p>	<p>25 Quesadillas or Crisпитos Refried Beans Spanish Rice Steamed Vegetables Homemade Salsa Pineapple Fluff</p>	<p>26 Lasagna with Cheesy Garlic Bread or Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit</p>	<p>27 Steak Fingers or Baked Chicken Hot Roll Creamy Mashed Potatoes Roasted Vegetables Peach Crisp</p>	<p>28 Chopped BBQ on Bun or Cheese Burger Basket Lettuce, Pickles, Tomatoes, and Onions Choice of Fresh Fruit</p>

## Chocolate Sweetheart Parfait

**Ingredients:**

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

**What to do:**

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.

Serve or refrigerate until ready to serve. ENJOY!

\*<http://kidshealth.org>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes w/ Fruit Topping and Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissants	Honey Bun or Muffin & Yogurt	Pancake Wrap or Chicken Biscuit	Breakfast Pizza or Pig in a Blanket

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