

FEBRUARY

ELEMENTARY

Milk and an Uncrustable Grab N' Go will be offered with every meal.

Get Moving!

Here are four ways physical activity can change your day for the better.

1. Sleep Tight- Being physically active can help you enhance your sleep.
2. Improve Your Mood- Physical activity can give you a better attitude and an extra energy boost during the day.
3. Fuel Your Brain- Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.
4. Make Friends- Engaging in physical activity with your friends is a great way to bond with your friends and to even make new ones.

Monday	Tuesday	Wednesday	Thursday	Friday
January 30 Spaghetti with Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Fruit Cup	January 31 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	1 Popcorn Chicken or Meatballs Hot Roll Mashed Potatoes Steamed Broccoli Fruit Cup	2 Soup and Sandwich Lettuce & Tomatoes Choice of Chips Carrot Dippers Fruit Salad	3 Chicken Sandwich or BBQ Sub Basket with Fries Shredded Lettuce Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
6 Chicken Spaghetti with Breadsticks or Choice of Pizza Seasoned Vegetables Fresh Salad Strawberries and Cream	7 Tacos or Crisпитos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	8 Boneless Wings or Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	9 Corn Dog with Chips or Beefy Cheesy Mac with Texas Toast Carrot Dippers Seasoned Corn Frozen Fruit Treat	10 Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
13 Baked Ziti w/ Garlic Toast or Pizza Fresh Garden Salad Steamed Baby Carrots Fruit Dessert	14 <i>Happy Valentine's Day!</i> Street Tacos Chicken Fajitas or Grilled Beef in a Soft Corn Tortilla Rice & Beans Lettuce & Tomato Homemade Salsa <i>Valentine's Treat</i>	15 Chicken & Waffles or Steak Fingers with Roll Mashed Potatoes Seasoned Vegetable Fruit Cup	16 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Broccoli Oriental Blend Vegetables Fruit Salad	17 GRAB N' GO SACK LUNCH 
20 <i>Enjoy Your Day Off!</i>	21 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple	22 Country Bowl or Country Bucket Hot Roll Steamed Broccoli Fruit Cup	23 Soup and Sandwich Lettuce & Tomatoes Choice of Chips Carrot Dippers Fruit Salad	24 Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 1/30 & 2/13	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Pancake Wrap	Biscuits & Gravy
Week of 2/6 & 2/20	Breakfast Bowl	Banana Bread	Eggs & Sausage w/ Toast	Breakfast Pizza	Fruit Frudel