

FEBRUARY


PRE-KINDER

Milk 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 Bread Seasoned Vegetables Fruit Cup	January 31 Nachos Refried Beans Tossed Salad Fresh Apples	1 Popcorn Chicken Hot Roll Mashed Potatoes Steamed Broccoli Fruit Cup	2 Soup and Sandwich Lettuce & Tomatoes Choice of Chips Carrot Dippers Fruit Salad	3 Chicken Sandwich Basket with Fries Lettuce & Tomatoes Fresh Baked Cookie Fresh Fruit
6 Cheese Pizza Seasoned Vegetables Strawberries and Cream	7 Crisпитos Lettuce & Tomatoes Pinto Beans Pineapple	8 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	9 Beefy Cheesy Mac with Texas Toast Seasoned Corn Frozen Fruit Treat	10 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
13 Baked Ziti Garlic Toast Seasoned Corn Steamed Baby Carrots Fruit Dessert	14 Chicken Fajitas Soft Taco Pinto Beans Lettuce & Tomato Fruit Cup	15 Chicken & Waffles Seasoned Vegetables Fruit Cup	16 Popcorn Chicken Rice Steamed Broccoli Fruit Salad	17 GRAB N' GO SACK LUNCH 
20 <i>Enjoy Your Day Off!</i>	21 Nachos Refried Beans Tossed Salad Fresh Apples	22 Country Bowl <i>with Popcorn Chicken, Creamy Mashed Potatoes, and Sweet Corn</i> Hot Roll Fruit Cup	23 Soup and Sandwich Lettuce & Tomatoes Choice of Chips Carrot Dippers Fruit Salad	24 Chicken Sandwich Basket with Fries Lettuce & Pickles 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