

FEBRUARY

Get Moving!

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

SECONDARY

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

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

Breakfast

	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