Available Daily

Before placing your order, please inform your server, if a person in your party has an allergy.

Assorted Fresh Fruits, Vegetables & Milk Are Served Daily with Breakfast & Lunch.

**Breakfast**
- **Monday** – Hot Breakfast
- **Tuesday** – Cereal or Cereal Bar
- **Wednesday** – Hot Breakfast Sandwich
- **Thursday** – Hot Breakfast Bar
- **Friday** – Muffin & Yogurt

**Alternate Lunch Choices**
- Fresh Salad Bar
- Sun-butter & Jelly Sandwich
- Turkey & Cheese Sandwich

Featured Specials of the Day

**Monday, February 3rd**
Vegetarian Burrito Bowl  
Cilantro & Lime Brown Rice

**Tuesday, February 4th**
Winter Vegetable & Beef Stew  
Whole Wheat Biscuits

**Wednesday, February 5th**
Delicious Deli Day - Submit a Sandwich Request Form

**Thursday, February 6th**
Whole Grain Chicken Patty Sandwich w/ BBQ Sauce  
Crunchy Ranch Broccoli Salad

**Friday, February 7th**
Grab & Go Lunches

Menus for February 2020

This institution is an equal opportunity provider. Menus are subject to change.

You’ve Got to Love It!

You’ve got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it — because it does!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

Wellness Is a Way of Life!

Our Nation’s History

Before there was Presidents’ Day, there were two such days in February — the birthdays of two of our greatest Presidents, Abraham Lincoln (February 12) and George Washington (February 22), both fall during this month.

Many states and towns celebrated one or the other or both of these days from the time Washington’s birthday was made a national holiday in 1885, until the two days were finally combined into a single day honoring both men in the 1970s. Today, the holiday is usually seen as celebrating all U.S. Presidents in general, not only Lincoln and Washington.

With Liberty & Justice for All
Those candy hearts with the goofy messages on them make up 10.2% of Valentine’s Day candy sales, the most of any single candy.

Monday, February 10th
Vegetarian Chili & Cornbread
Cheese & Sour Cream Available

Tuesday, February 11th
Chicken w/ Golden BBQ Sauce
Garlic Roasted Potatoes
Peas & Carrots

Wednesday, February 12th
Deli Day
Submit a Sandwich Request Form.

Thursday, February 13th
Cheese Pizza
Caesar Salad

Friday, February 14th
Grab & Go Lunch

February Vacation
17th- 21st
Enjoy your break!

Monday, February 24th
Cheese Ravioli with Marinara Sauce
Garlic Bread, & Steamed Broccoli

Tuesday, February 25th
Chicken & Vegetable Teriyaki Stir-fry
Served over Lo Mein Noodles

Wednesday, February 26th
Deli Day- Submit a Sandwich Request Form.

Thursday, February 27th
Turkey Pepperoni Pizza
Fruit Cups

Friday, February 28th
Grab & Go Lunches

eatfit
wanna stay fit?
gotta eat right!

item: oatmeal
verdict: any time

tip: Hot oatmeal does your body good on chilly winter’s mornings – and afternoons and evenings, too! Just be sure to mix it with water or lowfat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.

36 BY THE NUMBERS
PERCENT OF AMERICAN TWELFTH GRADERS WHO DO VOLUNTEER SERVICE AT LEAST ONCE A MONTH

Please see the other page for items available daily