



**School Information:**

FEB. 14 – EARLY RELEASE  
FEB. 19 - PRESIDENTS DAY / E-LEARNING DAY



**Nutrition Tip:** The dairy group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health. You should choose low-fat or fat free to cut calories and saturated fat. Adults, teens, and older children need 3 cups a day, while children 4-8 years old need 2 1/2 cups and children 2-3 years old need 2 cups.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**BOOK HIGHLIGHTED:**  
**FEBRUARY 1<sup>ST</sup>, THE LITTLE MOUSE, THE RED RIPE STRAWBERRY, AND THE BIG HUNGREY BEAR.** 😊

**BOOK HIGHLIGHTED:**  
**FEBRUARY 5<sup>TH</sup>, JAMIE O'ROURKE AND THE BIG POTATO.** 😊



😊 **1**  
CHICKEN FAJITAS, CHEESE & LETTUCE, NACHO CHIPS, SALSA, PEPPER STRIPS, STRAWBERRIES, MILK

**2**  
HOT DOG, BAKED BEANS, BAKED CHIPS, APPLESAUCE, CARROT STICKS, MILK

😊 **5**  
CHICKEN NUGGETS, BAKED POTATO, BROCCOLI, COOKIE, PINEAPPLE TIDBITS, MILK

**6**  
JOHNNY MARZETTI, ROMAINE SALAD, CHERRY TOMATOES, BREADSTICK, FRUIT, MILK

**7**  
HAM AND CHEESE POTATOES, PEAS, PEACHES, BREAD AND BUTTER, MILK

**8**  
CHINESE CHICKEN, VEGGIE EGGROLL, STIR FRY VEGGIES, FRUIT, FORTUNE COOKIE, MILK

**9**  
GRILLED CHEESE SANDWICH, BAKED FRIES, BAKED BEANS, PEARS, MILK

**12**  
CORN DOGS, MIXED FRUIT, STEWED TOMATOES, MILK GREAT NORTHERN BEANS

**13**  
CRISITOS, SPANISH RICE, SEASONED BLACK BEANS, RADISHES, FRUIT, MILK

**14**  
HEART NUGGETS, FRUIT CUP, BEETS, HEART SHAPE PRETZEL, VALENTINE COOKIE, MILK

**15**  
PIZZABURGER, BAKED CHIPS, SPINACH, CUCUMBER SLICES, FRESH FRUIT, MILK

**16**  
MINI FRENCH TOAST, HASH BROWN, SAUSAGE LINK, MILK MANDARIN ORANGES, JUICE

**19**  
PRESIDENTS DAY/  
E-LEARNIND DAY

**20**  
FISH NUGGETS, CORN, ONION RINGS, FRESH FRUIT, MILK

**21**  
COUNTRY FRIED STEAK, WHIP POTATOES, PEACHES, BREAD AND BUTTER, CARROTS, MILK

**22**  
RAVIOLI, ROMAINE SALAD, GREEN PEPPER STRIPS, MILK, BREADSTICK, FRESH FRUIT

**23**  
PIZZA, BAKED CHIPS, VEGGIE STICKS, PINEAPPLE TIDBITS, MILK

**26**  
CHICKEN PARMESAN, BOSCO STICK, ROMAINE SALAD, MILK CUCUMBER SLICES, PEARS

**27**  
HAMBURGER, FRESH FRUIT, POTATO WEDGES, PICKLES, MIXED VEGGIES, MILK

**28**  
SALISBURY STEAK, ROLL W/ BUTTER, MASHED POTATOES, GREEN BEANS, FRUIT, MILK

