

Grades 6-8

February 2013

Happy Heart Month!

February is Heart Month! The American Heart Association reminds us to take good care of our heart by eating a healthy diet, getting regular exercise, and not smoking. Have an extra serving of fruits and vegetables and go outside and play!

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer



*items served together

~ Milk Served Daily ~



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

4
BBQ Pork Riblets*
Baked Chicken*
Bean & Rice Burrito (V)
Craisin Turkey Apple Salad
***Whole Grain Dinner Roll**
 Baked Beans
 Garden Salad
 Orange Wedges
 Pineapple

5
Broccoli Cheese Minis (V)
Corn Dog
Lasagna
Tuna Wrap
 Snap Peas
 Carrot Sticks
 Apple Slices
 Pears
 Chocolate Chip Cookie

6
Cheese Omelet or Sausage Patty*
***Mini Blueberry Pancakes or French Toast Sticks**
Turkey or Veggie Wrap (V)
 Deli Roasters
 Broccoli
 Grapes
 Mandarin Oranges

7
Tuna Sub
Hot Dog
Mozzarella Sticks (V)
Fajita Chicken Salad
 Steamed Carrots
 Green Beans
 Banana
 Applesauce
 Fruit Swirl Cup

1
Chicken Parmesan
Turkey & Cheese Sub
Orange Ginger Chicken Bowl
Veggie Burger (V)
 Peas
 Green Beans
 Fresh Fruit
 Peaches
 Fruit Swirl Cup

8
Buffalo Chicken Bites*
Chicken Bites*
Chik'N Nuggets (V)
Ham Salad
***Mashed Potatoes/Dinner Roll**
 Fresh Veggie Bowl
 Broccoli, Cauliflower & Carrots
 Fresh Fruit
 Fruit Cocktail

11
Meatball Sub
Chicken & Veggie Alfredo
Vegetable Alfredo (V)
Turkey Salad
 Peas
 Cucumber & Carrot Sticks
 Orange Wedges
 Pineapple
 Banana Bread

12
Southwest Taco Bowl
Chicken Parmesan
Beef or Black Bean (V) Tacos
Mexican Chicken Salad
 Black Beans
 Green Beans
 Apple Slices
 Peaches

13
Chicken Fryz
Philly Cheese Steak Sub
Buffalo Chicken Wrap
Cheese Salad (V)
 Garden Salad
 Sweet Potato Crinkles
 Grapes
 Mandarin Oranges
 Carrot Bread

14
Hamburger
Grilled Ham & Cheese
Chicken or Chik'n (V) Patty
Sandwich
Craisin Turkey Apple Salad
 Baked Beans
 Steamed Carrots
 Banana
 Applesauce
 Oatmeal Raisin Cookie

15
Cheese Pizza (V)
Pepperoni Pizza
Chicken & Mini Dumplings
Ham Salad
 Broccoli
 Tomato & Cucumber Salad
 Fresh Fruit
 Peaches
 Fruit Swirl Cup

18
President's Day
No School

19
Macaroni & Cheese (V)
Chicken Patty Sandwich
Ham & Cheese Sub
Turkey Salad
 Green Beans
 Sweet Potato Crinkles
 Apple Slices
 Peaches
 Fruit Swirl Cup

20
Chicken Fiesta Wrap
Meat Nachos
Black Bean Fiesta Wrap (V)
Chef Salad
 Tomato & Cucumber Salad
 Black Beans
 Grapes
 Mandarin Oranges

21
Pasta Pockets (V) & Meatballs (optional)
Baked Chicken & Roll
Tuna Salad Sandwich
Ham Wrap
 Fresh Veggie Bowl
 Corn
 Banana
 Applesauce

22
Fish Sticks*
Lasagna*
Grilled Chicken Wrap
Baked Potato & Cheese (V)
Garlic Toast*
 Peas
 Carrot Sticks
 Fresh Fruit
 Fruit Cocktail

25
Tuna Tetrazzini
Cheese Pizza (V)
Pepperoni Pizza
Chef Salad
 Garden Salad
 Broccoli, Cauliflower & Carrots
 Orange Wedges
 Pineapple

26
BBQ Chicken Bites*
Chicken Bites*
Turkey Salad
Hummus Veggie Wrap (V)
***Whole Grain Dinner Roll**
 Cucumber & Tomato Salad
 Corn
 Apple Slices
 Pears
 Carrot Bread

27
Beef or Chicken Stir-Fry
Chicken Egg Roll & Rice
Mozzarella Sticks (V)
Asian Chopped Salad
 Carrot Sticks
 Snap Peas
 Grapes
 Mandarin Oranges
 Fruit Swirl Cup

28
Chicken or Black Bean (V) Quesadillas
Beef & Broccoli Bowl
Mexican Chicken Salad
Ham Wrap
 Corn & Black Bean Salad
 Broccoli
 Banana
 Applesauce
 Chocolate Chip Cookie