



FEBRUARY | 2020

Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast: Waffle Fruit Fresh Fruit Milk Lunch: Chicken Nuggets Carrots Winter Blend Applesauce 1 Slice of Bread Milk	4 Breakfast: Toast Juice Fruit Milk Lunch: Beef Tamales Refried Beans Corn Peaches Milk	5 Breakfast: Sausage Biscuit Fruit Fresh Fruit Milk Lunch: Cheese Pizza Broccoli Cauliflower Fruit Cocktail Milk	6 Breakfast: Breakfast Pizza Fruit Fresh Fruit Milk Lunch: Ham With Scalloped Potato Vegetable Pears Dinner Roll Milk	7 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: BBQ on Bun Carrots-Celery Cucumber Juice Milk
10 Breakfast: Pancake Blueberries Fruit Milk Lunch: Grilled Chicken on Bun Sliced Tomato and Lettuce Italian Blend Orange Wedges Milk	11 Breakfast: Toast Juice Fruit Milk Lunch: Beef Tacos (2) Shells Refried Beans Lettuce-Salsa-Cheese Juice Milk	12 Breakfast: Yogurt & Cracker Fruit Fresh Fruit Milk Lunch: Sausage Pizza Broccoli Squash Baked Apples Milk	13 Breakfast: Ham & Cheese Croissant Fruit Fresh Fruit Milk Lunch: Chicken Noodles Mashed Potato Vegetable Peaches Dinner Roll Milk	14 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Chili With Corn Bread Carrot & Celery Juice Valentine Cookie Milk
17 Weather Make-Up Day Breakfast: Cook's Choice Lunch: Cook's Choice	18 Breakfast: Toast Juice Fruit Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Salsa-Cheese Juice Milk	19 Breakfast: UBR Fruit Fresh Fruit Milk Lunch: Hot Dog on Bun Broccoli Zucchini Grapes Milk	20 Breakfast: Muffin Fruit Fresh Fruit Milk Lunch: Spaghetti Green Beans Carrots Fruit Cocktail Breadstick Milk	21 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Grilled Ham & Cheese Sandwich Tomato Soup-Crackers Baby Carrots Celery Juice Milk
24 Breakfast: French Toast Fruit Fresh Fruit Milk Lunch: Cheeseburger on Bun Sliced Tomato Lettuce Cucumber Peaches Milk	25 Breakfast: Toast Juice Fruit Milk Lunch: Nacho Naturals Refried Beans Salsa Shredded Lettuce Juice Milk	26 Breakfast: English Muffin Fruit Fresh Fruit Milk Lunch: Cheese Pizza Broccoli Carrots Pineapple Milk	27 Breakfast: Yogurt & Cracker Fruit Fresh Fruit Milk Lunch: Salisbury Steak Mashed Potato & gravy Vegetable Peaches Dinner Roll Milk	28 Breakfast: Cereal & Toast Juice Fruit Milk Lunch: (2) Stuffed Breadstick-Sauce Celery Baby Carrots Juice Milk

News

Breakfast is a good thing! Children can benefit from the School Breakfast Program! Studies show that school breakfast can raise test scores while improving classroom attentiveness and behavior. Make sure your children start the school day with a healthy meal!



Brighten Your Plate

Fill up on Fruit & Veggies Why diet full of fruit & vegetable is important: Fruit & vegetables have important nutrients, including vitamins & minerals. Your Child is growing rapidly & nutrients help your child grow to be healthy. Some benefits of the nutrients in fruits & vegetables include: helping with your vision, bone health, memory & brain function. Eat fruits & vegetable every day to give you & your child nutrients, including vitamin A, vitamin C, potassium and more!