



# FEBRUARY | 2019

## Primary and Van Elementary

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>28</b> Breakfast: Waffle Fresh Fruit &amp; Fruit Milk Lunch: Hot Dog Baked Beans Carrots Fresh Fruit or Pineapple Milk</p>	<p><b>29</b> Breakfast: Toast Fresh Fruit &amp; Juice Milk Lunch: Chicken-Beans Chili Corn Bread Sliced Cucumbers Fresh Fruit or Juice Milk</p>	<p><b>30</b> Breakfast: UBR Fresh Fruit &amp; Fruit Milk Lunch: Stuffed Breadsticks-Sauce Broccoli Cauliflower Fresh Fruit or Fruit Milk</p>	<p><b>31</b> Breakfast: Biscuits Fresh Fruit &amp; Fruit Milk Lunch: Spaghetti with Meat Sauce Italian Blend Vegetables Fresh Fruit Milk</p>	<p><b>1</b> Breakfast: Cereal &amp; Toast Fresh Fruit &amp; Juice Milk Lunch: BBQ Sandwich Baby Carrots &amp; Celery Sticks Fresh Fruit or Juice Milk</p>
<p><b>4</b> Breakfast: Pancakes Fresh Fruit &amp; Blueberries Milk Lunch: Chicken Nuggets Normandy Blend Vegetables Carrots Pear or Fresh Fruit Milk</p>	<p><b>5</b> Breakfast: Toast Fresh Fruit &amp; Juice Milk Lunch: Beef Tacos 2 Soft Shells Refried Beans Lettuce -Salsa-Cheese Juice or Fresh Fruit Milk</p>	<p><b>6</b> Breakfast: Berry Bread Fresh Fruit &amp; Fruit Milk Lunch: Sausage Pizza Broccoli Cauliflower Jell-O with Fruit or Fresh Fruit Milk</p>	<p><b>7</b> Breakfast: Donut Fresh Fruit &amp; Fruit Milk Lunch: Ham with Scalloped Potato Winter Blend Peaches or Fresh fruit Dinner Roll Milk</p>	<p><b>8</b> Breakfast: Cereal &amp; Toast Fresh Fruit &amp; Juice Milk Lunch: Hot Dog on Bun Baby Carrots Celery Sticks Juice or Fresh Fruit Milk</p>
<p><b>11</b> Breakfast: French Toast Fresh Fruit &amp; Fruit Milk Lunch: Grilled Chicken on Bun Glazed Carrots Winter Blend Baked Apples or Fresh Fruit Milk</p>	<p><b>12</b> Breakfast: Toast Fresh Fruit &amp; Juice Milk Lunch: Nacho Naturals Refried Beans-Salsa Tossed Salad &amp; Grape Tomato Juice or Fresh Fruit Milk</p>	<p><b>17</b> Breakfast: Cracker &amp; Yogurt Fresh Fruit &amp; Fruit Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Fruit Cocktail or Fresh Fruit Milk</p>	<p><b>14</b> Breakfast: Biscuits Fresh Fruit &amp; fruit Milk Lunch: Roast Turkey Mashed Potato &amp; Gravy Green Beans Strawberry Dinner Roll Milk</p>	<p><b>15</b> Weather Make-Up Day Breakfast: Cereal &amp; Toast Fruit-Juice-Milk Lunch: Hot Ham &amp; Cheese on Bun Baby Carrots-Celery Juice or Fresh Fruit Milk</p>
<p><b>18</b> Weather Make-Up Day Breakfast: Pancakes Fresh Fruit-Fruit-Milk Lunch: Chicken Nuggets Carrots-Green Beans Pears or Fresh Fruit Milk</p>	<p><b>19</b> Breakfast: Toast Fresh Fruit &amp; Juice Milk Lunch: Quesadilla Refried Beans-Salsa Capri Blend Vegetable Juice or Fresh Fruit Milk</p>	<p><b>26</b> Breakfast: Breakfast Pizza Fresh Fruit &amp; Peaches Milk Lunch: Cheese Pizza Broccoli Cauliflower Applesauce or Fresh Fruit Milk</p>	<p><b>21</b> Breakfast: English Muffin Fresh Fruit &amp; Fruit Cocktail Milk Lunch: Chicken Noodles Mashed Potato Italian Blend Peaches or Fresh fruit Dinner Roll Milk</p>	<p><b>22</b> Breakfast: Cereal &amp; Toast Fresh Fruit &amp; Juice Milk Lunch: Corn Dog Baby Carrots Celery Juice or Fresh Fruit Milk</p>
<p><b>25</b> Breakfast: Waffle Fresh Fruit &amp; Fruit Milk Lunch: Cheeseburger on Bun Baby Carrots Cucumbers Pears or Fresh Fruit Milk</p>	<p><b>26</b> Breakfast: Toast Fresh Fruit &amp; Juice Milk Lunch: Chicken Tacos 2 Soft Shells Refried Beans Salsa-Lettuce-Cheese Juice or Fresh Fruit Milk</p>	<p><b>27</b> Breakfast: Muffin Fresh Fruit &amp; Fruit Milk Lunch: Stuffed Breadstick with Sauce Broccoli Cauliflower Jell-O with Fruit or Fresh Fruit Milk</p>	<p><b>28</b> Breakfast: Ham &amp; Cheese Croissant Fresh Fruit &amp; Fruit Milk Lunch: Salisbury Steak Mashed Potato &amp; Gravy Green Beans Fruit Cocktail or Fresh Fruit Dinner Roll Milk</p>	<p><b>1</b> Breakfast: Cereal &amp; Toast Fresh Fruit &amp; Juice Milk Lunch: Grilled Ham &amp; Cheese Sandwich Tomato Soup-Crackers Juice or Fresh Fruit Veg Bowl Milk</p>

### 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!