



FEBRUARY | 2023

Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 Breakfast: French Toast Fruit-Juice-Milk Lunch: Cheeseburger on Bun Lettuce-Sliced Tomato Normandy Blend Vegetables Pears Milk</p>	<p>31 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-Salsa Juice Milk</p>	<p>1 Breakfast: Bagel Fruit-Juice -Milk Lunch: Pepperoni Pizza Broccoli Vegetable Applesauce Milk</p>	<p>2 Breakfast: Biscuit/Bacon Fruit-Juice-Milk Lunch: Meatloaf Mashed Potato & Gravy Green Beans Fruit Cocktail Dinner Roll Milk</p>	<p>3 Breakfast: Cereal-Toast Fresh Fruit-Juice-Milk Lunch: Chicken Sandwich Lettuce-Sliced Tomato Glazed Carrots Juice Milk</p>
<p>6 Breakfast: Waffle Fruit-Juice-Milk Lunch: Vegetable Soup/Crackers Grilled Cheese Sandwich Carrots Orange Wedges Milk</p>	<p>7 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Lettuce-Cheese-Salsa Refried Beans Juice Milk</p>	<p>8 Breakfast: English Muffin Fruit-Juice-Milk Lunch: (2) Stuffed Breadstick/Sauce Broccoli Cauliflower Jell-O with Fruit Milk</p>	<p>9 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato California Blend Peaches Dinner Roll Milk</p>	<p>10 Breakfast: Cereal-Toast Fresh Fruit-Juice-Milk Lunch: Cheeseburger on Bun Lettuce-Sliced Tomato Winter Blend Juice Milk</p>
<p>13 Breakfast: Pancake Fruit-Juice-Milk Lunch: Chicken Leg Potato Item Capri Blend Pear Rice Krispie Milk</p>	<p>14 Happy Valentine Day Breakfast: Toast Fruit-Juice-Milk Lunch: Quesadilla/Salsa Refried Beans Vegetable Medley Strawberry/Cake Milk</p>	<p>15 Breakfast: Bacon-Cheese Biscuit Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Vegetable Juice Milk</p>	<p>16 Breakfast: UBR Fruit-Juice-Milk Lunch: Lasagna Green Beans Applesauce Breadstick Milk</p>	<p>17 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Chicken Noodle Soup-Crackers Grilled Cheese Sandwich Baby Carrot-Celery Fresh Fruit-Juice Milk</p>
<p>20 Breakfast: French Toast Fruit-Juice-Milk Lunch: Chicken Sandwich Sliced Tomato-Lettuce Green Beans Applesauce Milk</p>	<p>21 Breakfast: Toast Fruit-Juice-Milk Lunch: Nacho Naturals Refried Beans Lettuce-Salsa Juice Milk</p>	<p>22 Breakfast: Bagel Fruit-Juice-Milk Cheese Pizza Broccoli Vegetable Baked Apples Milk</p>	<p>23 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Ham & Scalloped Potato Peas & Carrots Peaches Dinner Roll Milk</p>	<p>24 Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: (2) Stuffed Breadstick/Sauce Carrots Celery Juice Milk</p>
<p>27 Breakfast: Flapstick Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Peas Fruit Graham Cracker Milk</p>	<p>28 Breakfast: Toast Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Cheese-salsa Juice Milk</p>	<p>1 Breakfast: Donut Fruit-Juice-Milk Lunch: Fiesta Bit Pizza Broccoli Vegetable Jell-O with Fruit Milk</p>	<p>2 Breakfast: Muffin & Cheesestick Fruit-Juice-Milk Lunch: Galaxy Pizza Galactic Nibbles To Infinity & Beyond Greens Cosmic Fruit Golden Moon Treat Milk</p>	<p>3 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Fish Shapes Potato Item Capri Blend Fruit Milk</p>

News



Health Tips

Apple: An Apple a Day keeps the doctor away? Although an apple has low vitamin C content, it has antioxidants & flavonoids which enhance the activity of **Vitamin C** there by helping your colon and heart.

Kiwi: Tiny but Mighty! It is good source of **Potassium, magnesium, Vitamin E & Fiber.** Its **Vitamin C** content is twice that of an **Orange.** **Early to bed, early to rise, is healthy and Wise**

Breakfast is the most important Meal of the Day

