



Bringing our community together through diverse, nutritious, and delicious food choices.



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.



Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**School Closed  
Staff In-Service Day**

3

**Soft Beef Tacos w/  
Lettuce, tomato, cheese  
Carrots  
Mixed Fruits  
Milk**

4

**Chicken Tenders w/  
Wheat Roll  
Corn  
Pineapples  
Milk**

5

**Spaghetti w/Meat Sauce**  
Broccoli  
Oranges  
Milk

6

**Four Cheese Pizza**  
Green Beans  
Mixed Fruits  
Milk

7

**Pulled Pork on  
Wheat Roll**  
Baked Beans  
Apple  
Milk

10

**Walking Beef Tacos w/  
Lettuce, tomato, cheese  
Corn  
Mixed Fruits  
Milk**

11

**BBQ Chicken on  
Wheat Roll**  
Peas  
Pears  
Milk

12

**Macaroni & Cheese**  
Stewed Tomatoes  
Peaches  
Milk

13

**Valentine's Day  
School Closed**

14

**Presidents' Day  
School Closed**

17

**Taco Tuesday**  
Hard Taco w/Lettuce  
Tomato, cheese, spinach  
Mixed Fruits  
Milk

18

**Roasted Chicken w/  
Wheat Roll**  
Carrots  
Pineapple Chunks  
Milk

19

**Sloppy Joe on  
Wheat Roll**  
Corn  
Fruit Cocktail  
Milk

20

**Pizza Friday**  
Wheat Cheese Pizza  
Green Beans  
Oranges  
Milk

21

**Turkey & Cheese on  
Wheat Roll**  
Spinach  
Pears  
Milk

24

**Nachos w/Ground Beef**  
Beans  
Corn  
Peaches  
Milk

25

**Hot Turkey on  
Wheat Bread**  
Sweet Potatoes  
Applesauce  
Milk

26

**Cheeseburger on  
Wheat Roll**  
Peas  
Pineapples  
Milk

27

**Wheat Cheese Pizza**  
Green Beans  
Oranges  
Milk

28