

Fruit of Love



FEBRUARY

Pre-Kinder

A choice of milk will be offered every day.

Strawberries are a sweet and thoughtful way to show you care this Valentine's Day! Whether you dip them in rich chocolate or create a beautiful bouquet shaped like roses (after all, they belong to the rose family!), these berries are the perfect symbol of love.

Did you know?

- Strawberries are the only fruit that have their seeds on the outside, with around 20 seeds on each berry!
- Just eight strawberries provide 140% of the daily recommended Vitamin C for kids!
- But that's not all—eating just eight strawberries a day can help:
 - »Strengthen your heart
 - »Lower blood pressure
 - »Combat swelling and inflammation
 - »Boost brain function
 - »Reduce the risk of cancer
- Centuries ago, Native Americans introduced strawberries to early settlers, blending them with cornmeal to make bread. This eventually evolved into the beloved Strawberry Shortcake we enjoy today!

Who knew strawberries could be so fascinating?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pizza Garden Fresh Salad Seasoned Corn Diced Peaches	4 Crispitos Shredded Lettuce Chopped Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup	5 Chicken Strips Hot Roll Mashed Potatoes Green Beans Orange Smiles	6 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	7 ENJOY YOUR DAY OFF!
10 Pizza Seasoned Vegetables Fruit Dessert	11 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Orange Smiles	12 Grilled Cheese Sandwich Homemade Soup Seasoned Corn Choice of Chips Fruit	13 Steak Fingers with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	14 ENJOY YOUR DAY OFF!
17 ENJOY YOUR DAY OFF!	18 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	19 Cheese Stick with Marinara Seasoned Mixed Vegetables Fluffy Fruit Salad	20 Popcorn Chicken Mashed Potatoes Seasoned Corn Hot Roll Fruit Cup	21 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
24 Pizza Cucumber Salad Fruit Cup	25 Quesadillas Pinto Beans Seasoned Corn Fruit Cup	26 Breakfast for Lunch! Confetti Pancakes with Sausage or Bagel Bites Breakfast Potatoes Tropical Trio Slush Berries & Cream	27 Chicken Strips with Hot Roll Mashed Potatoes Green Beans Mixed Fruit Cup	28 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit

An option of fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 2/3 & 2/17	Breakfast on Bun	Pancakes	Breakfast Taco	Biscuits & Gravy	Cereal & Grahams
Week of 2/10 & 2/24	Pancake Wrap	Breakfast Pizza	Breakfast Bowl	Ham & Cheese Croissant	Yogurt Parfait & Muffin

This institution is an equal opportunity provider.