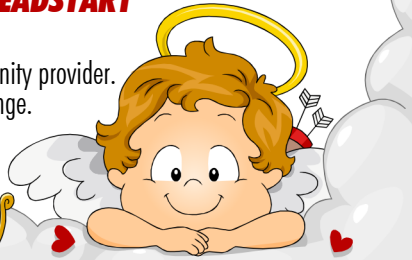


# Menus for February 2023

**FLORENCE SCHOOL DISTRICT FIVE  
PDCAP JOHNSONVILLE HEADSTART**

This institution is an equal opportunity provider.  
Menus are subject to change.



What's on **YOUR** plate?



## Can you fit in the "hearty" foods?

## SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your



sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**Wednesday, February 1**

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Chicken Patty  
Mashed Potatoes  
Broccoli w/ Cheese Roll  
Fruit & Milk Choice

**Thursday, February 2**

### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad  
w/ Chicken & Crackers  
Or  
Calzone  
Beans  
Salad w/ Ranch  
Fruit & Milk Choice

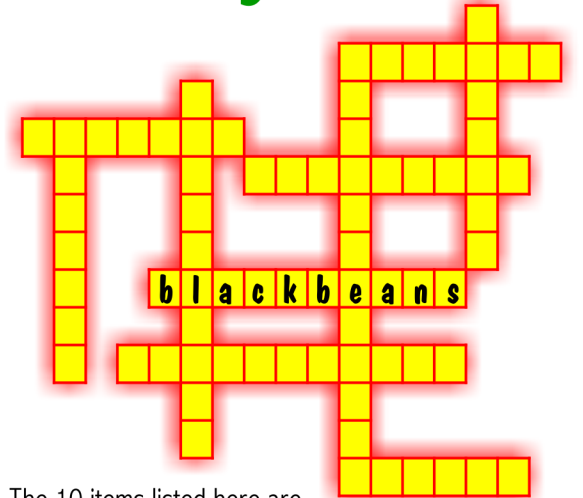
**Friday, February 3**

### Breakfast

Cereal  
Fruit, Juice & Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Turkey & Cheese Croissant  
French Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice



**Monday, February 6**

### Breakfast

Pancakes  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Beefy Macaroni  
Corn  
Salad w/ Ranch  
Breadstick  
Fruit & Milk Choice

**Tuesday, February 7**

### Breakfast

Pop Tart & Yogurt  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad  
w/ Chicken & Crackers  
Or  
Chicken Nuggets  
Green Beans  
Yams  
Roll  
Fruit & Milk Choice

**Wednesday, February 8**

### Breakfast

Sausage Wrap  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Steak & Gravy  
Mashed Potatoes  
Broccoli w/ Cheese Roll  
Fruit & Milk Choice

**Thursday, February 9**

### Breakfast

Breakfast Pizza  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad  
w/ Chicken & Crackers  
Or  
Cheeseburger  
French Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

**Friday, February 10**

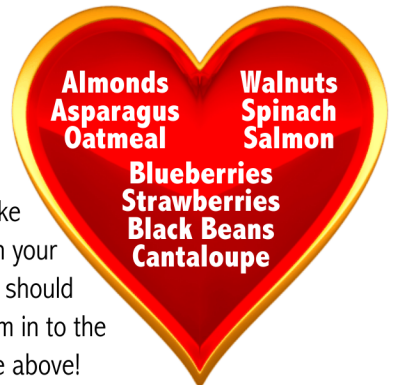
### Breakfast

Cereal  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Corn Dog  
French Fries  
Beans  
Fruit & Milk Choice

The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates – and you should also try to fit them in to the crossword puzzle above!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

HAPPY VALENTINE'S DAY!



FEBRUARY 14

Monday, February 13

**Breakfast**  
Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad  
w/ Ham & Crackers  
Or  
Chicken Noodle Soup  
Carrots  
Salad w/ Ranch  
Fruit & Milk Choice

Tuesday, February 14

**Breakfast**  
Pancake Pup  
Fruit, Juice, & Milk Choice



**Lunch**  
Southwest Salad  
w/ Chicken & Crackers  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

Wednesday, February 15

**Breakfast**  
French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad  
w/ Ham & Crackers  
Or  
BBQ Chicken  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

Thursday, February 16

**Breakfast**  
Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad  
w/ Chicken & Crackers  
Or  
Taco w/ Tostitos  
Pinto Beans  
Lettuce & Tomato  
Fruit & Milk Choice

Friday, February 17



Monday, February 20



Tuesday, February 21

**Breakfast**  
Pop Tart & Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad  
w/ Chicken & Crackers  
Or  
Shepherd's Pie  
Mixed Vegetables  
Roll  
Fruit & Milk Choice

Wednesday, February 22

**Breakfast**  
Sausage Wrap  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad  
w/ Ham & Crackers  
Or  
BBQ Sandwich  
Sweet Potato Fries  
Fresh Broccoli  
Fruit & Milk Choice

Thursday, February 23

**Breakfast**  
Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad  
w/ Chicken & Crackers  
Or  
Hamburger  
French Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

Friday, February 24

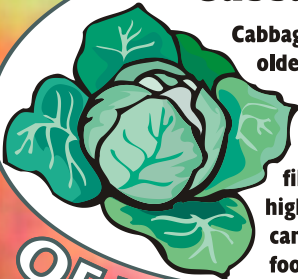
**Breakfast**  
Cereal  
Fruit, Juice & Milk Choice

**Lunch**  
Chef Salad  
w/ Ham & Crackers  
Or  
Hot Dog w/ Chili  
French Fries  
Beans  
Fruit & Milk Choice

VEGETABLE

**Cabbage**

Cabbage is one of the oldest – and most **healthful** – vegetables known to man. It's **high in vitamin C and fiber**, and it's also **high on the list of cancer-fighting foods.**



OF THE MONTH

Monday, February 27

**Breakfast**  
Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad  
w/ Ham & Crackers  
Or  
Chicken Nuggets w/ Roll  
Macaroni & Cheese  
Green Beans  
Carrots w/ Ranch  
Fruit & Milk Choice

Tuesday, February 28

**Breakfast**  
Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad  
w/ Chicken & Crackers  
Or  
Vegetable Soup  
Cheese Breadstick  
Carrots w/ Ranch  
Fruit & Milk Choice

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

**AFRICAN AMERICAN HISTORY MONTH**

Learn more at <https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd>