

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?

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FEBRUARY

A choice of milk and a Grab N' Go will be offered every day.

MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY
3 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced Peaches	4 Crispitos Pinto Beans Lettuce & Tomatoes Spanish Rice Homemade Salsa Fruit Cup		5 Drumsticks or Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Orange Smiles		6 Asian Bowl with Fried Rice or Popcorn Chicken Broccoli Normandy Steamed Baby Carrots Fruit Salad	7 ENJOY YOUR DAY OFF!
10 Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert	11 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple		12 Grilled Cheese Sandwich with Soup Seasoned Corn Cucumber Salad Choice of Chips Fruit		13 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	14 ENJOY YOUR DAY OFF!
17 ENJOY YOUR DAY OFF!	18 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples		19 Chicken & Dumplings with Hot Roll or Cheese Stick w/ Marinara Steamed Baby Carrots Seasoned Mixed Vegetables Fluffy Fruit Salad		20 Country Bowl or Country Bucket Hot Roll Steamed Vegetables Fruit Cup	21 Specialty Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
24 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Sauteed Vegetables Fruit Dessert	25 Quesadillas or Crispito Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fruit Cup		26 Breakfast for Lunch! Confetti Pancakes with Sausage or Bagel Bites Breakfast Potatoes Tropical Trio Slush Berries & Cream		27 Meatloaf or Chicken Strips with Hot Roll Mashed Potatoes Green Beans Mixed Fruit Cup	28 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
d An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.						
BREAKFAST	MONDAY	TUE	SDAY	WEDNESDA	Y THURSDAY	FRIDAY
Week of 2/3 & 2/17	Breakfast on Bun	Par	ncakes	Breakfast Taco	Biscuits & Gravy	Donut Holes
Week of 2/10 & 2/24	Pancake Wrap	Breakfast Pizza		Breakfast Bowl	Ham & Cheese Croissant	Yogurt Partfait & Muffin
	3 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced Peaches 10 Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert 17 ENJOY YOUR DAY OFF! 24 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Sauteed Vegetables	34Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced Peaches410Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert111717181718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos1718Nachos18NachosTossed Salad190FF!Quesadillas c2425Quesadillas c25Quesadillas cCrispito26Spanish RicePinto Beans27Seasoned CodHomemade Sa1910EessertPinto Beans2425Quesadillas c25Quesadillas cCrispito26Spanish RicePinto Beans27Seasoned CodHomemade Sa28Fruit DessertPinto Beans29An option of cereal & toast, frest30BREAKFASTMONDAY31Wee	3 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced Peaches4 Crispitos Pinto Beans Lettuce & Tomatoes Spanish Rice Homemade Salsa Fruit Cup10 Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert11 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple17 ENJOY YOUR DAY OFF!18 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Pineapple24 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Fruit Dessert25 Quesadillas or Crispito Spanish Rice Homemade Salsa Fresh Apples24 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Fruit Dessert25 Quesadillas or Crispito Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fresh Apples24 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Fruit Dessert25 Quesadillas or Crispito Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fruit CupAn option of cereal & toast, fresh fruit of BREAKFASTMONDAYTUE Pare	34Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced PeachesPinto Beans Lettuce & Tomatoes Spanish Rice Homemade Salsa Fruit CupDrur Chic Homemade Salsa Fruit Cup1011Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert111718 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa PineappleChicken With Seasoned Cucu Choice1718 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh ApplesChicken Seasoned Cucu Choice24 Monterey Chicken Garlic Toast or Choice of Pizza Seauteed Vegetables Sauteed Vegetables Fruit DessertQuesadillas or Crispito Spanish Rice Pinto Beans Spanish Rice Homemade Salsa Fresh ApplesBreakfa Confetti Sa Breakfa24 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Fruit DessertQuesadillas or Crispito Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fruit CupBreakfa Confetti Sa Ba BreakfaAn option of cereal & toast, fresh fruit or fruit cup,An option of cereal & toast, fresh fruit or fruit cup,BREAKFASTMONDAY TUESDAYWeek of 2/3 & 2/17Breakfast on Bun Pancakes	345Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced PeachesCrispitos Pinto Beans Spanish Rice Homemade Salsa Fruit CupDrumsticks or Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Orange Smiles101112101112Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert11121718 Nachos Tossed Salad Fruit Dessert191718 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples1924 Monterey Chicken Garlie Toast or Choice of Pizza Seasoned Corn YOUR DAY OFF!18 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples1924 Monterey Chicken Garlie Toast or Choice of Pizza Steamed Vegetables Fruit Dessert26 Breakfast for Lunch! 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This institution is an equal opportunity provider.