

Fruit of Love



FEBRUARY

Elementary

A choice of milk and a Grab N' Go 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 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 Sautéed Vegetables Fruit Dessert	25 Quesadillas or Crisquito 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

An option of cereal & toast, 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	Donut Holes
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.