



# February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MILK AND FRUIT ARE SERVED DAILY			1 ALFREDO CHICKEN BAKE CREAM CORN BREAD ROMAINE SALAD	2 HAMBURGER GREEN PEAS FRENCH FRIES ROMAINE SALAD ICE CREAM CUP	3 PIZZA CARROTS ROMAINE SALAD PUDDING	4 MENU IS SUBJECT TO CHANGE
5 	6 CORNDOG GREEN BEANS FRENCH FRIES ROMAINE SALAD	7 CRISPITO BROCCOLI SALAD CARROTS ROMAINE SALAD	8 SPAGHETTI CHEESE STICKS LIMA BEANS ROMAINE SALAD	9 CHICKEN SANDWICH CORN ON COB ROMAINE SALAD ICE CREAM CUP	10 PEPPERONI HOT POCKET CUCUMBER SALAD CAL BLEND VEGS ROMAINE SALAD PUDDING	11
12	13 FAJITA CHICKEN TACO BEANS SALSA TORTILLA CELERY ROMAINE SALAD	14 BEEF STEAK NUGGETS POTATOES GRAVY GREEN PEAS ROMAINE SALAD	15 TACO CHILI BEANS CORN ROMAINE SALAD	16 PIZZA CARROTS CORN ROMAINE SALAD PUDDING	17 <b>TEACHER INSERVICE</b>	18
19	20 PBJ SAND STRING CHEESE CARROTS CELERY CHIPS	21 FISH SANDWICH COLESLAW TATER TOTS ROMAINE SALAD	22 PORK SANDWICH FRENCH FRIES BROCCOLI ROMAINE SALAD	23 CHICKEN SANDWICH CORN ON COB ROMAINE SALAD ICE CREAM CUP	24 PEPPERONI HOT POCKET MIXED VEGS CUCUMBER SALAD ROMAINE SALAD PUDDING	25
26	27 CHICKEN SANDWICH CORN ON COB GREEN BEANS ROMAINE SALAD ICE CREAM CUP	28 HOT DOG CHILI SAUERKRAUT BAKED BEANS COLESLAW ROMAINE SALAD				
	<p>SUGAR SNAP PEAS ARE GREEN AND ARE ABOUT 2 TO 3 INCHES LONG . THEY CAN BE EATEN RAW OR COOKED. A 100 -CALORIE SERVING OF SUGAR SNAP PEAS CONTAINS MORE PROTEIN THAN A WHOLE EGG OR 1 TABLESPOON OF PEANUT BUTTER. SUGAR SNAP PEAS CONTAIN VITAMINS C AND K AND FIBER. CNP IN AN EQUAL OPPORTUNITY EMPLOYER.</p>					



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