

Fruit of Love



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?



FEBRUARY secondary

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 Seasoned Corn Garden Fresh Salad Fruit Cup	4 Crispitos Pinto Beans Shredded Lettuce Chopped Tomatoes Spanish Rice Homemade Salsa Fruit Cup	5 Drumsticks or Chicken Strips Hot Roll Mashed Potatoes Green Beans Orange Smiles	6 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Broccoli Steamed Baby Carrots Fruit Salad	7 ENJOY YOUR DAY OFF!
10 Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	11 Tacos Lettuce & Tomatoes w/ Salad Toppings Pinto Beans Spanish Rice Homemade Salsa Pineapple	12 Choice of Soup and Sandwich Baked Chips Seasoned Corn Fresh Salad w/ Toppings Fruit	13 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apples	14 ENJOY YOUR DAY OFF!
17 ENJOY YOUR DAY OFF!	18 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad Fresh Apples	19 Chicken & Dumplings with Hot Roll or Cheese Stick with Marinara Seasoned Mixed Vegetables Fresh Salad Fluffy Fruit Salad	20 Country Bowl or Country Bucket with Hot Roll Steamed Vegetables Fresh Salad Fruit Cup	21 Specialty Burger or Chicken Sandwich Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
24 Monterey Chicken Garlic Toast or Choice of Pizza Sauteed Vegetables Fresh Salad w/ Toppings Fruit Dessert	25 Quesadillas or Crispito Spanish Rice Pinto Beans Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	26 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	27 Meatloaf or Chicken Strips with Hot Roll Mashed Potatoes Green Beans Fresh Salad w/ Toppings Mixed Fruit Cup	28 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Salad Toppings 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.