

**GROUNDHOG  
DAY  
FEBRUARY  
2ND**



# MENUS FOR FEBRUARY 2022

*Florence School  
District Five*

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

**Tuesday, February 1**

**Breakfast**

Sausage Biscuit w/ Jelly  
Fruit & Juice Choice  
Milk Choice

**Lunch**

Southwest Salad  
w/ Chicken & Crackers  
Or  
BBQ on Bun  
French Fries  
Carrots w/ Ranch  
Fruit & Milk Choice

**Wednesday, February 2**

**Breakfast**

Waffles  
Fruit & Juice Choice  
Milk Choice

**Lunch**

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

**Thursday, February 3**

**Breakfast**

Pop Tart & Yogurt  
Fruit & Juice Choice  
Milk Choice

**Lunch**

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

**Friday, February 4**

**Breakfast**

Cereal w/ Graham Crackers  
Fruit & Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham & Crackers  
Or  
Corn Dog & Chips  
Beans  
Carrots w/ Ranch  
Fruit & Milk Choice

# STRANGE BUT TRUE!



THE KEA BIRD OF NEW ZEALAND IS WEIRD ON SO MANY LEVELS! THE KEA IS AN **ALPINE PARROT** - IT ACTUALLY PREFERS SKI RESORTS TO BEACHES AND JUNGLES! AND WHILE PEOPLE ARE SPENDING THE DAY SKIING, THE KEA BIRDS SOMETIMES LIKE TO **ATTACK THE SKIERS' PARKED CARS** AND **CHOW DOWN ON THE RUBBER** FROM AROUND THE CAR WINDOWS!

**Monday, February 7**

**Breakfast**

Cinnamon Rolls  
Fruit & Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham & Crackers  
Or  
Chicken & Rice w/ Roll  
Black-Eyed Peas  
Collards  
Fruit & Milk Choice

**Tuesday, February 8**

**Breakfast**

Chicken Biscuit  
Fruit & Juice Choice  
Milk Choice

**Lunch**

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

**Wednesday, February 9**

**Breakfast**

Pancake Pup  
Fruit & Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham & Crackers  
Or  
**BREAKFAST FOR LUNCH**  
Sausage Patties w/ Biscuit  
Tater Tots & Sliced Tomatoes  
Fruit & Milk Choice

**Thursday, February 10**

**Breakfast**

Breakfast Pizza  
Fruit & Juice Choice  
Milk Choice

**Lunch**

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

**Friday, February 11**

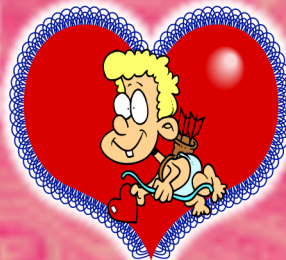
**Breakfast**

French Toast Sticks  
Fruit & Juice Choice  
Milk Choice

**Lunch**

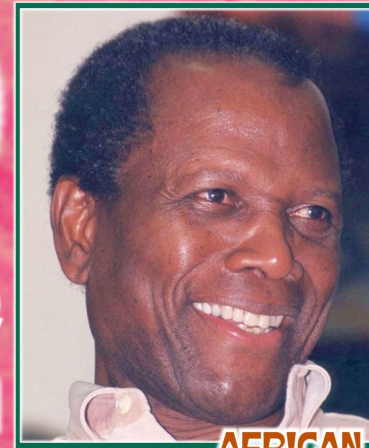
Chef Salad  
w/ Ham & Crackers  
Or  
Ham & Cheese Croissant  
Chips / Sliced Tomatoes  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

# YOU'RE GOOD



# ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

**Florence School District Five**

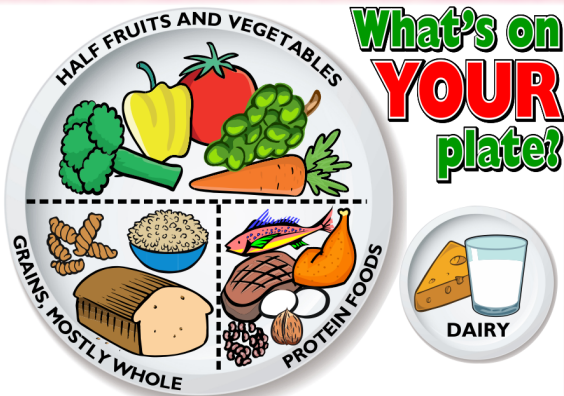


# LEADING MAN

The first Oscar awards for the best movies and film performances were given out in 1929, but it wasn't until 1964 that an African-American Man (Sidney Poitier, pictured here) won the award for best actor. Poitier grew up very poor in the Bahamas before moving to Miami as a teenager and then to New York. In 2009, President Barack Obama awarded him the Presidential Medal of Freedom, the highest civilian honor in the U.S. Poitier died last month at the age of 94.

**AFRICAN-AMERICAN HISTORY MONTH**

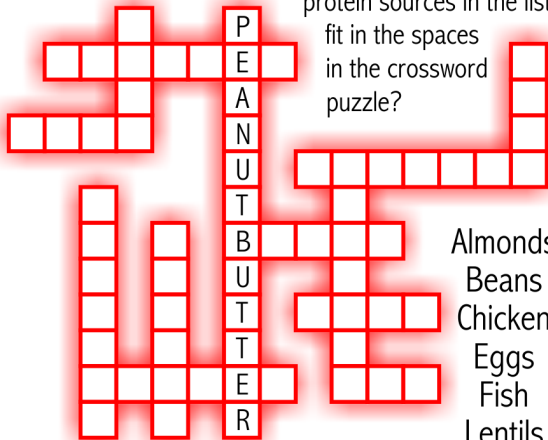
Want to know more? Search for "Sidney Poitier" on-line.



# Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?




- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



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

Monday, February 14	Tuesday, February 15	Wednesday, February 16	Thursday, February 17	Friday, February 18
<b>Breakfast</b> Blueberry Muffin Fruit & Juice Choice Milk Choice	<b>Breakfast</b> Sausage Biscuit w/ Jelly Fruit & Juice Choice Milk Choice	<b>Breakfast</b> Waffles Fruit & Juice Choice Milk Choice	<b>Breakfast</b> Pop Tart & Yogurt Fruit & Juice Choice Milk Choice	<b>NO SCHOOL</b>
<b>Lunch</b> Chef Salad w/ Ham & Crackers Or Chicken Filet Sandwich Lettuce / Tomato / Mayo Waffle Fries Fruit & Juice Choice	<b>Lunch</b> Southwest Salad w/ Chicken & Crackers Or Chicken Noodle Soup Romaine Salad w/ Ranch Crackers / Carrot Sticks Fruit & Milk Choice	<b>Lunch</b> Chef Salad w/ Ham & Crackers Or BBQ Chicken w/ Roll Mashed Potatoes Broccoli w/ Cheese Fruit & Milk Choice	<b>Lunch</b> Southwest Salad w/ Chicken & Crackers Or Tacos w/ Cheese Pinto Beans Lettuce / Tomato / Salsa Fruit & Milk Choice	

Monday, February 21	Tuesday, February 22	Wednesday, February 23	Thursday, February 24	Friday, February 25
<b>Presidents' Day</b>  <b>No School Today</b>	<b>Breakfast</b> Chicken Biscuit Fruit & Juice Choice Milk Choice	<b>Breakfast</b> Pancake Pup Fruit & Juice Choice Milk Choice	<b>Breakfast</b> Breakfast Pizza Fruit & Juice Choice Milk Choice	<b>Breakfast</b> French Toast Sticks Fruit & Juice Choice Milk Choice
	<b>Lunch</b> Southwest Salad w/ Chicken & Crackers Or Vegetable Soup Cheese Breadstick Broccoli w/ Ranch Fruit & Milk Choice	<b>Lunch</b> Chef Salad w/ Ham & Crackers Or Spaghetti w/ Breadstick Corn Romaine Salad w/ Ranch Fruit & Milk Choice	<b>Lunch</b> Southwest Salad w/ Chicken & Crackers Or Hamburger French Fries Lettuce / Tomato / Mayo Fruit & Milk Choice	<b>Lunch</b> Chef Salad w/ Ham & Crackers Or Turkey Wrap w/ Chips Lettuce / Tomato Carrot Sticks w/ Ranch Fruit & Milk Choice

Monday, February 28
<b>Breakfast</b> Blueberry Muffin Fruit & Juice Choice Milk Choice
<b>Lunch</b> Chef Salad w/ Ham & Crackers Or Popcorn Chicken w/ Roll Green Beans Yams* Fruit & Milk Choice

## LOVE.

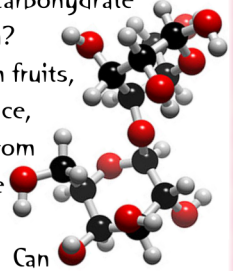
Valentine's Day on February 14th is traditionally the "love" holiday. And if the last two years have taught us anything, it's the importance of that emotion, not just for one day, but all year round. With all of the loss and disruption we've all endured, let's hope we've learned that our routines and plans and expectations are fragile. Life is fragile. But love is strong. And love endures. We want you to know that we love our customers, and we encourage you to tell the people who are important to you that you love them, too!

### School Meals

We serve education every day™

## THE SIMPLE TRUTH.

This is a model for a complex carbohydrate molecule. Pretty complex, huh? "Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory. Can you guess which ones are healthier for you?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

### WELLNESS IS A WAY OF LIFE!