




	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas			February is American Heart Month		February 1 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	February 4 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	February 5 Meatball Sub* with Marinara & Mozzarella Green Beans Mixed Fruit	February 6 Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pineapple	February 7 Chicken Corn Dog* Oven-Baked Potato Wedges Applesauce	February 8 Teriyaki Chicken Brown Rice* Broccoli Florets Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Grapes	February 11 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Peaches	February 12 All-Beef Hot Dog on a Bun* Kettle-Baked Beans M&M Cookie* Mixed Fruit	February 13 Orange Chicken Brown Rice* Sliced Carrots Pineapple	February 14 Rotini* with Turkey Meatballs & Homemade Marinara Sauce Broccoli Florets Applesauce 	February 15 No Classes Intersession Day
Spotlight Fruit of the Week: Bananas	February 18 President's Day No Classes 	February 19 Chicken & Penne Pasta* with Homemade Alfredo Sauce Broccoli Florets Mixed Fruit	February 20 Chicken Caesar Wrap* Sliced Carrots Pineapple	February 21 Western Burger on a Bun* Cowboy Caviar (marinated black bean & corn salad) Snickerdoodle Cookie* Applesauce 	February 22 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* Green Beans Pears
Spotlight Fruit of the Week: Fresh Pears	February 25 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	February 26 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Mixed Fruit	February 27 Beef Sloppy Joe on a Bun* Baby Carrots Pineapple	February 28 Handcrafted Mac & Cheese* with Honey Wheat Dinner Roll* Green Peas Applesauce	

Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

- Monday** – All-American Cheeseburger on a Bun*
- Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
- Wednesday** – Super Nachos* & Salsa*
- Thursday** – Breaded Chicken Sandwich*
- Friday** – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

**=Item contains whole grains / ^=Item contains pork / L=Locally sourced
Milk served with lunch contains no artificial growth hormones or antibiotics
Menu is subject to change based on availability and quality of food items*

Color Me Green

Green is a beautiful color that represents renewal and the environment. This month, we are focusing on the benefits of eating green fruits and vegetables. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Green fruits and vegetables are colored by chlorophyll, a natural plant pigment. Have you tried any of these green veggies or fruits: broccoli, zucchini, lettuce, celery, spinach, green grapes or green pears?

The **Culinary Explorations** travel group has reached the midpoint of our Route 66 journey in **Adrian, Texas!** We will celebrate this milestone with a Lone Star lunch that includes a lip-smacking Western burger and our version of "cowboy caviar." Did you know that Texan Fletcher Davis, of Athens, claimed to have invented the modern hamburger at his restaurant in the 1880s?

