



February Secondary

February is Heart Health month!!!

Eating healthy foods is one of the most important ways to keep your heart working at its best. Look for foods and drinks that are good for your heart. Learn to read Nutrition Facts labels and eat plenty of fruits and





Mon	Tue	Wed	Thu	Fri
4 Corn Dog Tater Tots Chicken Drumstick Broccoli Hot Roll Baked Beans Fresh Fruit	5 Nachos Grande Beans Salsa Lettuce & Tomato Cucumber Slices Fruit Sherbet	6 Crispy Chicken Sandwich French Fries Xtreme Burrito Corn Fresh Veggie Cup Lettuce & Tomato Mandarin Oranges	7 Hamburger Steak Brown Gravy Biscuit Roasted Potatoes Garden Salad Fruity Jello	8 Pizza Choice Grilled Cheese Soup Chips Carrots Broccoli Fruit Cup Brownie Cookie
11 Country Fried Steak Gravy Meatloaf Mashed Potatoes Okra Hot Roll Fruit	12 Meat & Cheese Chalupas Enchiladas Salsa Cucumbers Beans Lettuce & Tomato Fruit Cup	13 Chicken Tenders Hot Roll Gravy Cheeseburger Broccoli Sweet Potato Fries Fruit Rice Crispy	14 Chicken Spaghetti Breadstick Pizza Choice Garden Salad Carrots Fruit	15 
18 	19 Tex-Mex Stack Chicken Fajitas Beans Carrots Lettuce & Tomato Peaches	20 Chicken Alfredo Breadstick Pizza Pocket Marinara Sauce Tuscan Veggies Garden Salad Fruit Cookie	21 Ranchero Wrap Country Pot Pie Broccoli Fresh Veggie Cup Fruit Cup	22 Popcorn Chicken Bowl Breaded Pork Chop Mashed Potatoes Gravy Hot Roll Green Beans Fruit
25 Enchiladas Taqitos & Queso Beans Corn Salsa Fresh Fruit Fruit Crisp	26 Meatball Sub Sandwich Tater Tots Chili Cheese Combo *Chili, Cheese & Tots* Veggie Cup Fruit Cup	27 Chicken Nuggets Mac & Cheese Green Beans Garden Salad Fruit	28 Pizza Choice Fiesta Bowl *Taco Meat, Corn, rice, beans, cheese* Tomato Cup Fruity Jello	1 Cheeseburger Frito Pie Garnish Cucumber Slices Carrots Applesauce Cookie

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Breakfast

An alternate cold entrée option is available daily.



Mon	Tue	Wed	Thu	Fri
4 Sausage Biscuit Fruit Juice Fruit Milk	5 Breakfast Combo Fruit Juice Fruit Milk	6 Chicken-n-Waffles Fruit Juice Fruit Milk	7 Stuffed Bagel Sausage Fruit Juice Fruit Milk	8 Dutch Waffles Bacon Fruit Juice Fruit Milk
11 Early Bird Sandwich Fruit Juice Fruit Milk	12 Chicken n Biscuit Fruit Juice Fruit Milk	13 Power Breakfast *Biscuit, gravy, eggs, bacon* Fruit Juice Fruit Milk	14 Sausage Kolache Yogurt Fruit Juice Fruit Milk	15 
18 	19 Sunrise Sandwich Fruit Juice Fruit Milk	20 French Toast Sausage Fruit Juice Fruit Milk	21 Breakfast Strudel Yogurt Fruit Juice Fruit Milk	22 Breakfast Burrito Hash browns Fruit Juice Fruit Milk
25 Sausage Kolache Yogurt Fruit Juice Fruit Milk	26 Breakfast Taquito Fruit Juice Fruit Milk	27 Waffles Sausage Fruit Juice Fruit Milk	28 Breakfast Pizza Fruit Juice Fruit Milk	1 Donuts Sausage Fruit Juice Fruit Milk