

# February Elementary

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 vegetables.





Mon	Tue	Wed	Thu	Fri
4 Corn Dog Tater Tots Baked Beans Pineapple D'Lite	5 Nachos Grande Beans Salsa Lettuce & Tomato Cucumber Slices Fruit Sherbet	6 Xtreme Burrito Corn Salsa Fresh Veggie Cup Lettuce & Tomato Mandarin Oranges	7 Hamburger Steak Brown Gravy Biscuit Roasted Potatoes Garden Salad Fruity Jello	8 Grilled Cheese Soup Chips Carrots Broccoli Fruit Cup Brownie Cookie
11 Meatloaf Mashed Potatoes Okra Hot Roll Fruit	12 Enchiladas Salsa Cucumbers Beans Lettuce & Tomato Fruit Cup	13 Cheeseburger Garnish Broccoli Sweet Potato Fries Fruit Rice Crispy	14 Chicken Spaghetti Breadstick Garden Salad Carrots Fruit	15 
18 	19 Chicken Fajitas Beans Salsa Tomato Cup Carrots Lettuce & Tomato Peaches	20 Pizza Pocket Marinara Sauce Tuscan Veggies Garden Salad Fruit Cookie	21 Country Pot Pie Broccoli Fresh Veggie Cup Fruit Cup	22 Breaded Pork Chop Mashed Potatoes Gravy Hot Roll Green Beans Fruit
25 Enchiladas Beans Corn Salsa Fresh Fruit Fruit Crisp	26 Meatball Sub Sandwich Tater Tots Veggie Cup Fruit Cup	27 Chicken Nuggets Mac & Cheese Green Beans Garden Salad Fruit	28 Pizza Choice Corn Tomato Cup Fruity Jello	1 Frito Pie Garnish Cucumber Slices Carrots Applesauce Cookie

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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