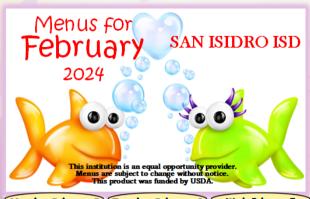


FEBRUARY MENUS



Thursday, February 1

Breakfast

Breakfast Bar & Juice

Lunch

Crispy Beef Nachos Cheese Sauce Rice Reans Taco Salad

Friday, February 2 Breakfast

Ham & Egg Taco Assorted Cereal Graham Crackers Assorted Fruit & Juice

Lunch

Cucumber w/Tajin Baby Carrots

trust your heart.

TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk Listen to your heart!

LIVE HEALTHIER. LEARN EASIE WELLNESS IS A WAY OF LIFE!

Monday, February 5 **Breakfast Breakfast Bread**

Assorted Cereal Graham Crackers Assorted Fruit & Juice

Basket

Lunch

Hamburger/ Cheeseburger Tater Tots Burger Salad

Tuesday, February 6 **Breakfast**

Combo Bar Assorted Fruit & Juice

Lunch

Homemade Chicken Flautas Rice Charro Beans Taco Salad Sour Cream

Wed., February 7

Breakfast Yogurt & Fruit Parfair Assorted Fruit

Uncrustable & Juice <u>Lunch</u> Rich-Fil Yay Chick

Burger Salad

Fruit Gelatin

Thursday, February 8 **Breakfast**

Breakfast Sausage &Cheese Pancake Assorted Fruit & Juice

<u>Lunch</u>

Baked Chicken Green Beans Mashed Potatoes Broccoli/cheese sauce Dinner Roll Assorted Fruit

Friday, February 9

Breakfast

Potato/Egg Taco Assorted Cereal Graham Crackers Assorted Fruit & Juice

Lunch

Cucumber w/Tajin Baby Carrots Ranch Dip Cup

A Note from the Child Nutrition Director

Junior High &

High School Students will have Daily Entrée Options,

Menus may vary

If you have any questions, you may contact Mr. Leonel Olivarez, @956-481-3100.





we serve comes with

your choice of milk!

Jane Bolin was the first black woman to graduate le judge ever in the Uni After her appointment in 1931, she ter her appointment in 1937, and mained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12 Tuesday, February 13

Breakfast

Assorted Cereals Assorted Fruit & Juice

Lunch

Popcorn Chicken Seasoned Wedges Veggie Boats Dinner Roll Ranch Dip Cup Assorted Fruit

Breakfast

Assorted Fruit & Juice

Lunch

Chicken Fried Steak Dinner Roll Mashed Potatoes Broccoli/Homemade Cheese Sauce Assorted Fruit

Breakfast akfast Bars **Assorted Fruit**

Lunch

Cheese Enchiladas Refried Beans Spanish Rice Taco Salad Assorted Fruit

Breakfast Assorted Fruit

Lunch

Pulled Pork Street Tacos Charro Beans Taco Slaw Salad Rice Pico De Gallo

Wed., February 14 Thursday, February 15 Friday, February 16

Breakfast

Assorted Fruit Graham Cereals & Juice

Lunch

Cucumber w/Tajin Baby Carrots Ranch Dip Cup Assorted Fruit



Monday, February 19

Breakfast

Croissant Breakfast Bar & Juice

Lunch

Hamburger/ Cheeseburger Tater Tots Burger Salad Assorted Fruit

Tuesday, February 20

Breakfast Assorted Fruit

& Juice

<u>Lunch</u>

Crispy Beef Nachos Cheese Sauce Rice Beans Taco Salad

Wed., February 21

Breakfast

Assorted Fruit & Juice

<u>Lunch</u>

Chicken Nuggets omemade Macaroni & Cheese Seasoned Wedges Carrot Coins Assorted Fruit

ırsday, February 22

Breakfast

Breakfast Bars Assorted Fruit

Lunch

Baked Chicken Seasoned Green Beans Mashed Potatoes Dinner Roll

Friday, February 23



NUTRITION TOGO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin Gfor Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Breakfast

Graham Crackers Assorted Cereal Assorted Fruit & Juice

Lunch eseburger Sliders

Tater Tots **Burger Salad**

Monday, February 26 Tuesday, February 27

Breakfast

Combo Bar Assorted Fruit & Juice

<u>Lunch</u>

Homemade Chicken Flautas Rice Charro Beans Taco Salad Sour Cream

Wed., February 28

Breakfast

Assorted Fruit Uncrustables & Juice

<u>Lunch</u> Rich-Fil Yay Chick

Burger Salad oned Wedge Fruit Gelatin

Thursday, February 29

Breakfast

urt & Fruit Parfait Assorted Fruit & Juice

Lunch

Baked Chicken Seasoned Green Beans Mashed Potatoes Dinner Roll

Assorted Fruit











