












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>February is American Heart Month - the month you get to give a little extra TLC to your ticker.</p> 	<p>Chances are, you don't notice your heart unless it's pounding loudly because you've just watched a scary movie or played a game of soccer.</p>  <p>Quesadilla (V) Corn on a Cob Fruit</p>	<p>Luckily, your heart is always working, pumping blood through your body to deliver oxygen and nutrients--but it can't do it all on its own.</p> <p>Crispy Chicken Tenders (M) OR Veggie Burger (V) Sweet Potato Fries Fruit</p>	<p>To keep your heart in good shape, it is up to you to get exercise and eat plenty of colorful vegetables and fruit, beans, and whole grains.</p> <p>EARLY DISMISSAL</p> <p>Bean &amp; Cheese Burrito (V) Veggie Sticks Fruit</p>	<p>Confused about where to start? We can help! First, can you name all 8 heart-healthy foods on this page? (See the answers at the bottom of this page.)</p> <p>Grilled Cheese Sammy &amp; Alphabet Pasta Soup (V) Mixed Greens Salad Fruit</p>	<p>Second, find and eat all these foods at lunch and nutrition. Third, get moving during recess with your favorite physical activity!</p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p><b>**Nut-free; soy-based (V) Contains no meat; may contain cheese or milk (M) Contains meat</b></p> 	
1	2	3	4	5	6	7	
8	<p>MEATLESS MONDAY</p> <p>Spaghetti Marinara (V) Breadstick Mixed Greens Salad Fruit</p>	9	10	11	12	13	14
	<p>MEATLESS MONDAY</p> <p>Spaghetti Marinara (V) Breadstick Mixed Greens Salad Fruit</p>	<p>Chicken Tostada Salad (M) OR Tostada Salad (V) Fruit</p>	<p>EARLY DISMISSAL</p> <p>** WowButter &amp; Jelly Sandwich (V) Veggie Sticks Fruit</p>	<p>Crispy Turkey Tacos (M) OR Crispy Lentil Tacos (V) w/ salsa, lettuce &amp; cheese Fruit</p>	<p>Cheese Pizza (V) Caesar Side Salad Fruit</p> 	<p>14</p>	
15	16	17	18	19	20	21	
	<p>MEATLESS MONDAY</p> <p>PRESIDENTS' DAY</p>	<p>Crispy Chicken Tenders (M) OR Veggie Burger (V) Sweet Potato Fries Fruit</p>	<p>EARLY DISMISSAL</p> <p>Bean &amp; Cheese Burrito (V) Veggie Sticks Fruit</p>	<p>Grilled Cheese Sammy &amp; Alphabet Pasta Soup (V) Mixed Greens Salad Fruit</p>	<p>Cheese Pizza (V) Caesar Side Salad Fruit</p> 	<p>21</p>	
22	23	24	25	26	27	28	
	<p>MEATLESS MONDAY</p> <p>Spaghetti Marinara (V) Breadstick Mixed Greens Salad Fruit</p>	<p>Pick Up Stix</p> <p>House Chicken Bowl (M) OR House Tofu Bowl (V) Edamame Fruit</p>	<p>EARLY DISMISSAL</p> <p>** WowButter &amp; Jelly Sandwich (V) Veggie Sticks Fruit</p>	<p>Crispy Turkey Tacos (M) OR Crispy Lentil Tacos (V) w/ salsa, lettuce &amp; cheese Fruit</p>	<p>Cheese Pizza (V) Caesar Side Salad Fruit</p> 	<p>28</p>	

The USDA and the CDE are equal opportunity providers and employers.

This menu is subject to change without prior notice