



# FEBRUARY | 2020

## Primary & Van Elementary

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>3</b></p> <p><b>Breakfast:</b> Waffle Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Chicken Nuggets Carrots Winter Blend Applesauce 1 Slice of Bread Milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> Toast Juice Fruit Milk</p> <p><b>Lunch:</b> Beef Tamales Refried Beans Corn Peaches Milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> Sausage Biscuit Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Cheese Pizza Broccoli Cauliflower Fruit Cocktail Milk</p>	<p><b>6</b></p> <p><b>Breakfast:</b> Breakfast Pizza Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Ham With Scalloped Potato Vegetable Pears Dinner Roll Milk</p>	<p><b>7</b></p> <p><b>Breakfast:</b> Cereal &amp; Toast Juice Fruit Milk</p> <p><b>Lunch:</b> BBQ on Bun Carrots-Celery Cucumber Juice Milk</p>
<p><b>10</b></p> <p><b>Breakfast:</b> Pancake Blueberries Fruit Milk</p> <p><b>Lunch:</b> Grilled Chicken on Bun Sliced Tomato and Lettuce Italian Blend Orange Wedges Milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> Toast Juice Fruit Milk</p> <p><b>Lunch:</b> Beef Tacos (2) Shells Refried Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> Yogurt &amp; Cracker Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Sausage Pizza Broccoli Squash Baked Apples Milk</p>	<p><b>13</b></p> <p><b>Breakfast:</b> Ham &amp; Cheese Croissant Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Chicken Noodles Mashed Potato Vegetable Peaches Dinner Roll Milk</p>	<p><b>14</b></p> <p><b>Breakfast:</b> Cereal &amp; Toast Juice Fruit Milk</p> <p><b>Lunch:</b> Chili With Corn Bread Carrot &amp; Celery Juice Valentine Cookie Milk</p>
<p><b>17</b> Weather Make-Up Day</p> <p><b>Breakfast:</b> Cook's Choice</p> <p><b>Lunch:</b> Cook's Choice</p>	<p><b>18</b></p> <p><b>Breakfast:</b> Toast Juice Fruit Milk</p> <p><b>Lunch:</b> Chicken Tacos (2) Soft Shells Refried Beans Lettuce-Salsa-Cheese Juice Milk</p>	<p><b>19</b></p> <p><b>Breakfast:</b> UBR Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Hot Dog on Bun Broccoli Zucchini Grapes Milk</p>	<p><b>20</b></p> <p><b>Breakfast:</b> Muffin Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Spaghetti Green Beans Carrots Fruit Cocktail Breadstick Milk</p>	<p><b>21</b></p> <p><b>Breakfast:</b> Cereal &amp; Toast Juice Fruit Milk</p> <p><b>Lunch:</b> Grilled Ham &amp; Cheese Sandwich Tomato Soup-Crackers Baby Carrots Celery Juice Milk</p>
<p><b>24</b></p> <p><b>Breakfast:</b> French Toast Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Cheeseburger on Bun Sliced Tomato Lettuce Cucumber Pears Milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b> Toast Juice Fruit Milk</p> <p><b>Lunch:</b> Nacho Naturals Refried Beans Salsa Shredded Lettuce Juice Milk</p>	<p><b>26</b></p> <p><b>Breakfast:</b> English Muffin Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Cheese Pizza Broccoli Carrots Pineapple Milk</p>	<p><b>27</b></p> <p><b>Breakfast:</b> Yogurt &amp; Cracker Fruit Fresh Fruit Milk</p> <p><b>Lunch:</b> Salisbury Steak Mashed Potato &amp; gravy Vegetable Peaches Dinner Roll Milk</p>	<p><b>28</b></p> <p><b>Breakfast:</b> Cereal &amp; Toast Juice Fruit Milk</p> <p><b>Lunch:</b> (2) Stuffed Breadstick-Sauce Celery Baby Carrots Juice Milk</p>

### News

Breakfast is a good thing! Children can benefit from the School Breakfast Program! Studies show that school breakfast can raise test scores while improving classroom attentiveness and behavior. Make sure your children start the school day with a healthy meal!



### **Brighten Your Plate**

Fill up on Fruit & Veggies Why diet full of fruit & vegetable is important: Fruit & vegetables have important nutrients, including vitamins & minerals. Your Child is growing rapidly & nutrients help your child grow to be healthy. Some benefits of the nutrients in fruits & vegetables include: helping with you vision, bone health, memory & brain function. Eat fruits & vegetable every day to give you & your child nutrients, including vitamin A, vitamin C, potassium and more!