

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1 Oven-"Fried" Chicken Drumstick* Corn Fresh Orange President Snacks	February 2 Breaded Chicken Sandwich* Green Beans Fresh Apple	February 3 Chicken Nuggets & Breadstick* Carrots Pears Honey Oat Goldfish Cracker*
February 6 Pasta with Homemade Meat Sauce Broccoli Florets Peaches	February 7 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Celery Sticks with Ranch Dressing Fresh Grapes	February 8 Chicken Bowl with Mashed Potatoes & Corn* Fresh Orange Honey Wheat Dinner Roll*	February 9 Tangerine Chicken Brown Rice* Sliced Carrots Applesauce Animal Crackers*	February 10 Bean & Cheese Burrito & Salsa Black Beans Pears
February 13 Cheese Burger Spiral Curly Fries Peaches	February 14 Asian Beef Noodles* Green Beans Mixed Fruit Valentine's Day Cookie*	February 15 BBQ Shredded Chicken Hoagie* with Melted Cheese Kettle-Baked Beans Pineapple	February 16 Build-Your-Own Crunchy Beef Tacos* & Salsa Baby Carrots Fresh Banana	February 17 Individual Pan Cheese Pizza* California Blend Veggies Salad Fresh Apple
February 20 NO SCHOOL PRESIDENT'S DAY	February 21 Beef Sloppy Joe on a Bun* Corn Fresh Pear Animal Crackers*	February 22 Turkey Polish Sausage on a Bun* Surówka z Marchewki (Carrot-Apple Salad) Applesauce	February 23 BBQ Turkey Burger on a Bun* Kettle-Baked Beans Baby Carrots with Ranch Dressing Pineapple	February 24 Handcrafted Mac & Cheese* Salad Pears Honey Wheat Dinner Roll*
February 27 Chicken Soft Tacos* with Salsa Black Beans Peaches	February 28 BBQ Chicken Sandwich on a Bun*^A Corn Mixed Fruit	Color My Plate: Red The color for February is red. Red fruits and vegetables are packed with disease-fighting lycopene. Lycopene may help to prevent heart disease and certain types of cancers. In North America, 85% of dietary lycopene comes from tomato products such as tomato paste or ketchup. Have you ever eaten strawberries, watermelon, radishes or red bell peppers? They are all part of the red group.		

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Breakfast Served Daily

Monday- Cereal, Milk, Juice, Fruit, Yogurt, Cherry Frudel

Tuesday- Bagels, Juice, Yogurt, Milk, Cereal, Fruit

Wednesday- Muffins (Blue berry or Banana), Milk, Juice, Cereal, Yogurt, Fruit

Thursday- Pancakes, Milk, Cereal, Juice, Yogurt, Fruit

Friday- Parfaits, Cereal, Milk, Fruit, Juice, Yogurt


SPECIAL BREAKFAST ITEM 2/28
WHOLE-GRAIN MINI CHOCOLATE DONUTS

Around the World in a Lunch Period – Poland

Poland is the next destination of the **Culinary Explorations** program. This month, you will get a taste of Polonia by sampling Polish sausage with our version of a carrot and apple salad plus accompaniments. The English-language “Polish sausage” is a term that can be used to describe more than one hundred varieties of smoked sausage. In this case, the label refers to the way the sausage is seasoned and prepared. Sausages and other cured meats play a prominent role in kuchnia polska (Polish cuisine). Other ingredients that are commonly used include sauerkraut, beetroot, mushrooms, potatoes, and cabbage.

Did you know . . .

- Polish cuisine shares many similarities with the food of other Slavic countries?
- Warsaw is the capital and the largest city?
- Poland’s national symbol is the white eagle?
- The country’s most popular sport is soccer?



Now that you have had some exposure to foods from across the globe, keep the momentum going. Be adventurous and enjoy.