**Available Daily**

- **Lunches Include:**
  - Garden Salad Bar Choices & Sides, plus Milk -- Non or Low-Fat, Unflavored/White
  - Meatless: Both w/Mozzarella Stick
  - #1 Vegan Sunbutter & Jelly Sandwich
  - #2 Yogurt Meal
- **Other Hot Lunch Entrees:**
  - #3 (see monthly non-cheese options)
  - #4 House-Made (see daily menu)

**Menu is Subject to Change**

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**Credit Policy**

If your student forgets meal money, credit will be given for up to three days for each meal. Students and households will be reminded of negative balances. To avoid charges, **Prepayments** are accepted in the line with a check or on-line at: [www.EZSchoolpay.com](http://www.EZSchoolpay.com)

Please clear balances promptly. Thanks!

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**Daily Options for Breakfast**

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast Entrees</th>
<th>Lunch Entrees</th>
</tr>
</thead>
</table>
| **Monday, February 1** | **Breakfast**
Triple Berry French Toast  
**Lunch**
Pork Egg Roll w/Sweet & Sour Sauce  
Or Rich Chicks Tender Filets  
Side: Chow Mein |
| **Tuesday, February 2** | **Breakfast**
Italian Turkey Sausage Breakfast Square  
**Lunch**
Sweet Baby Ray’s BBQ Chicken  
Or Crunchy Saucy Beef Taco w/Tapatio  
Side: Tostitos Scoops |
| **Friday, February 5** | **Breakfast**
Warm Mini Cinni Rolls  
**Lunch**
Catch of the Day!  
Neptune’s Fish Filet Sandwich Or Italian Turkey Sub Sandwich  
Side: Chicken Noodle Soup  
Side: Raisels |
| **Monday, February 8** | **Breakfast**
Maple Turkey Sausage Bagel Wrap  
**Lunch**
Chicken Taquitos  
Or Crunchy Saucy Beef Tacos w/Tapatio  
Side: Refried Beans |
| **Tuesday, February 9** | **Breakfast**
Blueberry Muffin  
**Lunch**
Turkey & Gravy Or Cheese Pizza  
Side: Mashed Potatoes  
Side: Corn Bread |

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**Available Daily**

- **Lunches Include:**
  - Garden Salad Bar Choices & Sides, plus Milk -- Non or Low-Fat, Unflavored/White
  - Meatless: Both w/Mozzarella Stick
  - #1 Vegan Sunbutter & Jelly Sandwich
  - #2 Yogurt Meal
- **Other Hot Lunch Entrees:**
  - #3 (see monthly non-cheese options)
  - #4 House-Made (see daily menu)

**Menu is Subject to Change**

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**NUTRITION Togo**

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

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**POWER OF LOVE.**

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Side</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, February 15</td>
<td>Biscuit &amp; Sausage Gravy Square</td>
<td>Mesquite Chicken Drumstick Or Crunchy Saucy Beef Taco w/Tapatio</td>
<td>Cornbread Loaf</td>
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<td></td>
<td></td>
<td>Tostitos Scoops</td>
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<td></td>
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<td></td>
<td>Baked Beans</td>
</tr>
<tr>
<td>Tuesday, February 16</td>
<td>Biscuit &amp; Sausage Gravy Square</td>
<td>Chicken Tortilla Crispito w/Salsa</td>
<td>Corn on the Cob</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Salsa</td>
</tr>
<tr>
<td>Wednesday, February 17</td>
<td>Breakfast Chicken Tortilla Crispito w/Salsa</td>
<td>Crispy Breaded Chicken Or Artisan French Bread Cheese Pizza</td>
<td>Coleslaw</td>
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<tr>
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<td>Side: Corn on the Cob</td>
</tr>
<tr>
<td>Thursday, February 18</td>
<td>Breakfast Cheesy Toast</td>
<td>All Natural Miller’s Beef Hotdog Or Bean &amp; Cheese Papusas w/Tapatio Sauce</td>
<td>Beef Chili &amp; Beans</td>
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<td>Side: Tostitos Scoops</td>
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<tr>
<td>Friday, February 19</td>
<td>Breakfast Sunnyfresh French Toast Sticks</td>
<td>Breakfast Square</td>
<td>Hawaiian Brown Rice</td>
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<td></td>
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<td>Side: Tostitos Scoops</td>
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<td></td>
<td></td>
<td></td>
<td>Side: Raisels</td>
</tr>
</tbody>
</table>

**Powerhouse!**

- **100% Whole Wheat:** 3 Grams per slice
- **White Bread:** .8 Grams per slice

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

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**Every complete meal we serve comes with your choice of milk!**

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**What's on your plate?**

- **Half Fruits and Vegetables**
- **Grains: Mostly Whole**
- **Protein Foods**
- **Dairy**

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**LEAP YEAR**

IT TAKES THE EARTH 365 1/4 DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29TH) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?