

BIC & LUNCH MENU FOR FEBRUARY

*Amphitheater
Public Schools
Food Service
520-696-5133*

*This institution is an
equal opportunity
provider. subject to*



GROUNDHOG
DAY
FEBRUARY

Wednesday, February 1

Breakfast

Lemon Bar
Orange Juice
Applesauce
Milk

Lunch

Chicken Tenders
Roll
Mashed Potatoes
Milk

HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Thursday, February 2

Breakfast

Mini Pancakes
Raisins
Apple
Milk

Lunch

Whole Grain Pizza
Broccoli & Cheese
Milk

Friday, February 3

Breakfast

Cocoa Puffs
Breakfast Kit
Strawberry Craisins
Milk

Lunch

Chicken Sandwich
Oven Fries
Oatmeal Raisin
Cookie
Milk

Monday, February 6

Breakfast

Froot Loops
Breakfast Kit
Apple
Milk

Lunch

Bacon Cheeseburger
Corn
Milk

Tuesday, February 7

Breakfast

Mini Triple Berry
French Toast
Cherry Craisins
Cherry Apple Juice
Milk

Lunch

Taco in a Bag
Pinto Beans
Milk

Wednesday, February 8

Breakfast

Cinnamon Bun
Applesauce
Orange Juice
Milk

Lunch

Orange Chicken
Rice
Fortune Cookie
Peas & Carrots
Milk

Thursday, February 9

Breakfast

Bagel & Cream
Cheese
Raisins
Apple
Milk

Lunch

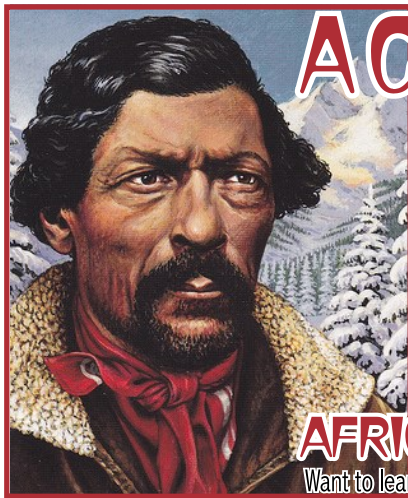
Whole Grain Pizza
Seasoned Green
Beans
Milk

**THE ESHIMA
OHASHI BRIDGE
IN JAPAN IS
SO STEEP THAT
IT IS KNOWN
AS THE ROLLER
COASTER
BRIDGE!**



**STRANGE
BUT TRUE!**

Menus are subject to change!



A CHIEF OF ALL CHIEFS

Jim Beckwourth was born a slave in Virginia around 1800. He became a legendary mountain man, fur trader, hunter, and explorer in the untamed Western U.S. during the 1820's and 30's. Beckwourth discovered a mountain pass near Lake Tahoe that still bears his name. He spent much of his adult life in the West living with Apaches, Sacs, and other Native Americans, who gave him the name Dark Sky. Beckwourth led the Crows in battle against the Blackfeet and was named "A Chief of All Chiefs" by the Crow Nation. Later, he established trading posts that became the towns of Pueblo, Colorado and Beckwourth, California. Beckwourth died in a Crow village in Montana in 1866.

AFRICAN AMERICAN HISTORY MONTH

Want to learn more? Start by going to Blackpast.org or doing a search for Jim Beckwourth.

Friday, February 10

Breakfast

Cheerios Bar
Breakfast Kit
Strawberry Craisins
Milk

Lunch

Corn Dog
Seasoned Fries
Rice Krispies Treat
Milk