



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

Monday, February 13

**Breakfast**  
Frosted Flakes  
Breakfast Kit  
Apple  
Milk

**Lunch**  
Macaroni & Cheese  
Breadstick  
Carrots  
Milk

Tuesday, February 14

**Breakfast**  
Mini Strawberry Bagel  
Cherry Craisins  
Cherry Apple Juice  
Milk

**Lunch**  
Heart Shaped Nuggets  
Mashed Potatoes  
Valentine's Crackers  
Milk

HAPPY VALENTINE'S DAY!

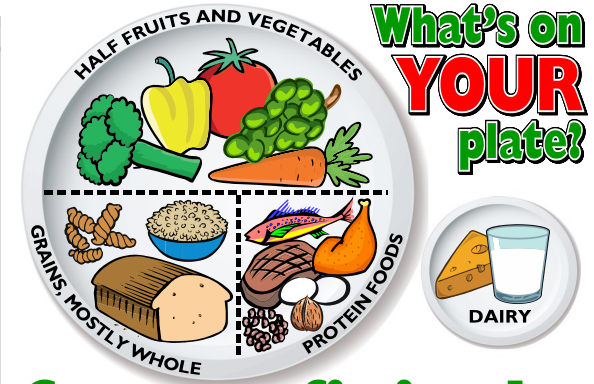


FEBRUARY 14

Wednesday, February 15

**Breakfast**  
Crunchmania Bites  
Applesauce  
Orange Juice  
Milk

**Lunch**  
Chicken Tamale  
Corn  
Milk



What's on YOUR plate?

Can you fit in the "hearty" foods?

Thursday, February 16

**Breakfast**  
French Toast  
Raisins  
Apple  
Milk

**Lunch**  
Whole Grain Pizza  
Broccoli & Cheese  
Milk

Friday, February 17

**Breakfast**  
Cinnamon Toast  
Crunch Bar  
Breakfast Kit  
Strawberry Craisins  
Milk

**Lunch**  
Cheesy Flatbread  
Baked Beans  
Carnival Cookie  
Milk

Monday, February 20

**Breakfast**  
Froot Loops Breakfast  
Kit  
Apple  
Milk

**Lunch**  
Grilled Cheese  
Green Beans  
Carrots  
Milk

Tuesday, February 21

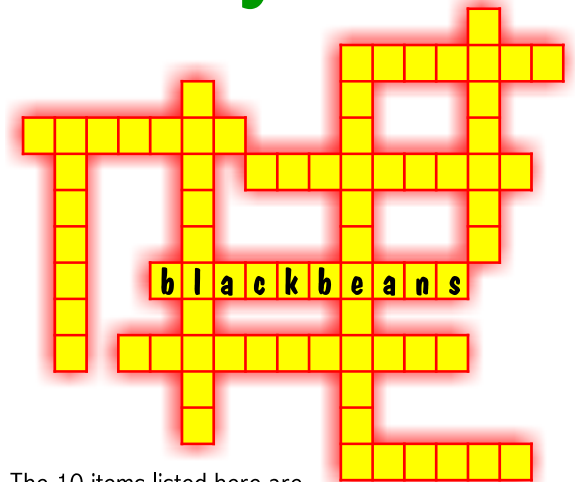
**Breakfast**  
Egg & Cheese  
Sandwich  
Cherry Craisins  
Cherry Apple Juice  
Milk

**Lunch**  
Bean & Cheese  
Burrito  
Corn  
Milk

Wednesday, February 22

**Breakfast**  
Glazed Bites  
Applesauce  
Orange Juice  
Milk

**Lunch**  
Whole Grain Pizza  
Milk



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates – and you should also try to fit them in to the crossword puzzle above!



Thurs-Fri

RODEO  
VACATION

NO SCHOOL

FEBRUARY  
23-24

**NUTRITION TO GO**

The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can't pollinate without them!

A TASTY MORSEL FOR PARENTS

Monday, February 27

**Breakfast**  
Frosted Flakes  
Breakfast Kit  
Apple  
Milk

**Lunch**  
Ham & Cheese Bites  
Corn  
Milk

Tuesday, February 28

**Breakfast**  
Mini Cinnamon Bagel  
Cherry Craisins  
Cherry Apple Juice  
Milk

**Lunch**  
Nachos  
Refried Beans  
Milk

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Menus are subject to change!