

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!

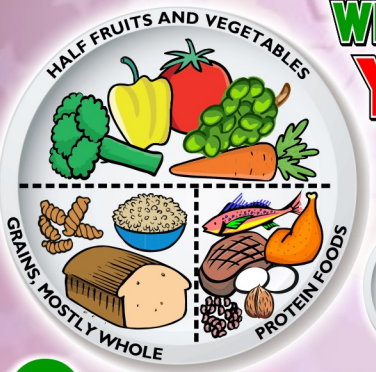


STRANGE BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!



What's on YOUR plate?



Q Why is fish often prepared and served with lemon?

Monday, February 18



NO SCHOOL TODAY

Tuesday, February 19

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Mini Waffles

Lunch

Chicken Nuggets with Whole Wheat Roll
Turkey and Cheese Panni PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
2 Pierogis / Fresh Veggies
Birthday Treat!
Fruit and Milk

Wednesday, February 20

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Breakfast Pizza

Lunch

Popcorn Chicken Mashed Potato Bowl with Roll
BBQ Rib Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
Golden Corn / Fresh Veggies
Fruit and Milk

Thursday, February 21

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage and Cheese Bagel

Lunch

Creamy Macaroni and Cheese with Roll
Cheesesteak Hoagie
Salad Bar / Deli Hoagie / Wrap Sides:
Steamed Broccoli / Fresh Veggies
Fruit and Milk

Friday, February 22

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks

Lunch

Personal Pizza
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
Zesty baked Beans / Fresh Veggies
Fruit and Milk

Monday, February 25

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Pizza Bagel

Panther Pride Lunch

Funnel Cake with Sausage
Ham and Cheese Bagel
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
Tater Tots / Fresh Veggies
Fruit and Milk

Tuesday, February 26

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage and Cheese Muffin

Lunch

Spicy Chicken Tender with Roll
Pulled Pork Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
Baked French Fries / Fresh Veggies
Fruit and Milk

Wednesday, February 27

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks

Lunch

Pasta Bake with Garlic Bread
Chicken Patty Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
Cesar Salad / Fresh Veggies
Fresh Baked Cookie!
Fruit and Milk

Thursday, February 28

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Egg and Cheese Bagel

Lunch

Chicken and Biscuits
BBQ Rib Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap Sides:
Mashed Potatoes / Fresh Veggies
Fruit and Milk



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



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html