

**HAPPY
VALENTINES
DAY**

MONDAY

Breakfast burrito/fruit
Chicken strips, roll
Macaroni & cheese
Tossed salad/carrots
Strawberries & bananas

2

TUESDAY

Pancake on a stick, fruit
Hoagie sandwich
Salad cup
Corn chips
Variety fresh fruit

3

WEDNESDAY

Breakfast pizza/ fruit
Ravioli casserole
Whole kernel corn
Lettuce / tomatoes
Wheat bread
peaches

4

THURSDAY

Pot tart, cheese stick
Fruit
Chicken fried steak
Mashed potatoes
Gravy, roll, pinto
beans, fresh fruit

5

FRIDAY

Sausage, biscuit,
gravy, fruit
Mini corn
dogs/mustard
Oven French fries
Carrot/celery
sticks/dip
Chilled mixed fruit

6

Pan cake, sausage,
syrup, fruit
Chicken rings, roll
Baked fries
Carrot sticks
Strawberries & bananas

9

Morning breakfast
roll, fruit
Chicken stir fry
Brown rice
Apple wedges
Fortune cookie

10

Breakfast pizza/ fruit
Sloppy Joe
Cole slaw
Baked beans
Fruit cup
Oatmeal raisin
cookie

11

Max cheese sticks,
fruit
Hot pocket
Tossed salad/ ranch
Fresh grapes
Chocolate pudding

12

**WINTER
BREAK**

13

**WINTER
BREAK**

16

Mini waffles, cheese
stick, fruit
Taco boat, salsa
Mexicali corn
Apples w/ caramel
dip

17

Breakfast pizza/ fruit
Stromboli
Corn on cob
Tossed salad/ ranch
Pineapple pleasure
Graham crackers

18

Cereal bar, cheese
stick, fruit
Beef & bean burrito
Lettuce & tomato
Salsa
Jello w/ fruit

19

Sausage, biscuit,
gravy, fruit
BBQ chicken
sandwich
Cole slaw, baked
beans
Frozen fruit bar, rice
krispy treat

20

Super donut/
cheese, fruit
Chicken strips, roll
Quick baked potato
Carrot/raisin salad,
strawberries & bananas

23

Cereal/toast/fruit
Sausage pizza
Tossed salad
Varity fresh fruit
Oatmeal cookie

24

Breakfast pizza/ fruit
Nachos w/beef
Refried beans,
salad salsa,
spiced apples

25

Breakfast burrito, fruit
Spaghetti / meat
sauce, roll
Green beans
Salad
pineapples

26

Sausage, biscuit,
gravy
Fruit
Hot dog
Baked beans
Cole slaw
Fresh fruit cup

27

DID YOU KNOW?

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.