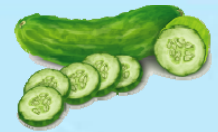


**Daily Choices Include:**

1% White Milk or Non Fat Milk  
Yogurt Meal



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

5

**BREADED BEEF PATTY**

Filete de Pollo Empanizado  
Mashed Potatoes, Dinner Roll  
Celery Sticks  
Fruit

6

**CHEESE PIZZA**

Pizza de queso  
Three Bean Salad  
Jicama Sticks  
Fruit

7

**PORK CARNITAS TACOS**

Taco Suave de Puerco  
Pinto Beans  
Fresh Salsa  
Fruit

1

2

12

**CHICKEN SANDWICH**

Sandwich de Pollo  
Sweet Potato Fries  
Celery Sticks  
Fruit

13

**CHEESE PIZZA**

Pizza de queso  
Garden Salad  
Jicama Sticks  
Fruit, Valentine Cookie

14

**GRILLED CHEESE SANDWICH**

Sandwich de Queso  
Spinach Salad  
Baby Carrots, Fruit

8

9

19

President's Day Observed  
School Closed

**CHICKEN NUGGETS**

Trocitos de Pollo  
Steamed Carrots  
Dinner Roll  
Celery Sticks, Fruit

20

**CHEESE PIZZA**

Pizza de queso  
Three Bean Salad  
Jicama Sticks  
Fruit

21

**BEAN & CHEESE BURRITO**

Burrito de frijoles con queso  
Garden Salad  
Fresh Salsa, Fruit

22

23

President Lincoln's  
Birthday Observed

16

School Closed

26

**CORN DOGS**

Baked Beans  
Baby Carrots  
Fruit

27

**CHEESE PIZZA**

Pizza de queso  
Spinach Salad  
Jicama Sticks  
Fruit

28

