

**Daily Choices Include:**  
1% White Milk or Non Fat Milk



**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

**BREADED BEEF PATTY** 5  
Filete de Pollo Empanizado  
Mashed Potatoes  
Dinner Roll  
Fruit

**BEEFY MACARONI** 6  
Macarron con Carne  
Bread Stick  
Hot Corn  
Fruit

**CHEESE PIZZA** 7  
Pizza de queso  
Three Bean Salad  
Fruit

**CHEESE PIZZA** 1  
Pizza de Queso  
Three Bean Salad  
Fruit

**CHILI CHEESE FRIES** 2  
Papas con Chile  
Baked Fries  
Fruit

**GRILLED CHEESE SANDW** 8  
Sandwich de Queso  
Spinach Salad  
Fruit

**CRUNCHY CHICKEN WRAP** 9  
Envoltura de Tortilla con Pollo  
Celery Sticks, Fruit

**CHICKEN SANDWICH** 12  
Sandwich de Pollo  
Sweet Potato Fries  
Fruit

**SPAGHETTI w/MEAT SAUCE** 13  
Espaguetti con Carne  
Bread Stick  
Garden Salad

**CHEESE PIZZA** 14  
Pizza de queso  
Zesty Jicama  
Fruit  
Valentine Cookie

**Turkey & CHEESE on CIABATTA** 15  
Sandwich de Jamón con Queso  
Three Bean Salad  
Sun Chips  
Fruit

**President Lincoln's Birthday Observed** 16

**No School**

**President's Day Observed** 19  
  
**No School**

**CHEESE PIZZA** 20  
Pizza de queso  
Three Bean Salad  
Fruit

**BRUNCH FOR LUNCH** 21  
Desayuno Para Almuerzo  
Egg Sandwich (English Muffin)  
Hash Brown  
Fruit

**BEAN AND CHEESE BURRITO** 22  
Burrito de frijoles con queso  
Garden Salad  
Fruit

**TURKEY SANDWICH** 23  
Sandwich de Pavo  
Zesty Jicama  
Sun Chips  
Fruit

**PIZZA** 26  
3-Bean Salad  
Fruit

**BEEF SOFT TACO** 27  
Taco Suave de Res  
Refried Beans  
Fruit

**ROASTED CHICKEN** 28  
Pollo Rostizado  
Dinner Roll  
Mashed Potatoes  
Fruit

