

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!
COLOR ME!**

		<p>1 Fish Nuggets Buttered noodles Cole slaw Roll Fruit Milk</p>	<p>2 Enchiladas Spanish rice Refried beans Fruit Milk</p>	<p>3 Chicken Burger Burger salad Spicy fries Pudding Milk</p>
<p>6 Nachos w/gr. Beef Pinto beans Fruit Milk</p>	<p>7 Chili Con Carne Tossed salad Crackers Fruit Milk</p>	<p>8 Salisbury steak w/gravy Mashed potatoes Green beans Fruit Milk <u>SLICED TURKEY ROAST</u></p>	<p>9 Chicken Fajitas Spanish rice Refried beans Flour tortilla Fruit Milk</p>	<p>10 Turkey ham sandwich Lettuce & tomato Fresh fruit Baked chips Milk</p>
<p>13 <u>MENU SUBJECT TO CHANGE</u> Pizza Corn Fruit Milk</p>	<p>14 Chili Hot Dog Tater tots Fruit Milk</p>	<p>15 Crispy taco Spanish rice Fruit Milk</p>	<p>16 BBQ Chicken Pinto beans Potato salad Sliced bread Fruit Milk</p>	<p>17 Baked potato w/trimmings Fresh fruit Roll Milk</p>
<p>20 Spaghetti w/meat Green beans Fruit Roll Milk</p>	<p>21 Sloppy Joe French fries Pickle spears Fruit Milk</p>	<p>22 <u>ASH WEDNESDAY</u> Fish Macaroni & cheese Blackeyed peas Roll/Fruit/Milk</p>	<p>23 Frito Pie Pinto beans Cornbread Fruit Milk</p>	<p>24 Pizza stix w/marinara sauce Veggie cup w/dressing Fruit Milk</p>
<p>27 Chili cheese burrito Corn Fruit Milk</p>	<p>28 Chicken burger Burger salad Tater tots Fruit Cookie Milk</p>	<p>29 Sausage roll Sliced potatoes Pinto beans Fruit Milk</p>		



What does CAULIFLOWER bring me?



Color Your Meals Healthy!

Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



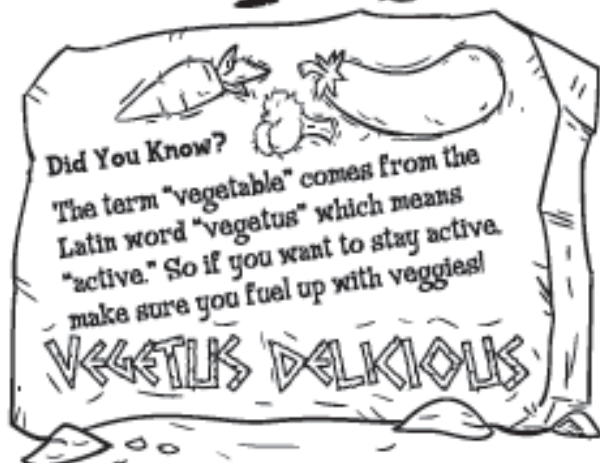
Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

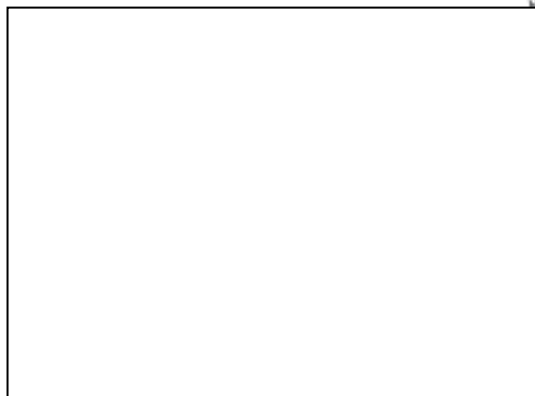
K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



(Answers: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Pea, Yambean, Health, Green)



OUR CAFETERIA BRINGS IT!



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