



FEBRUARY | 2018

Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: Muffin Fruit & Fresh fruit Milk Lunch: Lasagna Green Beans Fruit Cocktail or Fresh Fruit Milk	2 Breakfast: Cereal & Toast Juice & Fresh Fruit & Milk Lunch: Grilled Chicken on Bun Potato Juice or Fresh Fruit Milk
5 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Chicken Popcorn Broccoli & Cauliflower Apple Teddy Grahams Milk	6 Breakfast: Toast Juice & Fresh Fruit Milk Lunch: Beef Tacos-Cheese 2 Soft Shells Salsa Shredded Lettuce-Cheese Refried Bean Juice Milk	7 Breakfast: Ultimate Breakfast Casserole/Biscuit Fruit Milk Lunch: Sausage Pizza Glazed Carrots Celery Peaches Milk	8 Breakfast: English Muffin Fruit & Fruit Fresh Milk Lunch: Ham with Scalloped Potato Peas & Carrots Pears Dinner Roll Milk	9 Breakfast: Cereal & Toast Juice & Fresh Fruit Milk Lunch: Hot Dog on Bun Baked Bean Baby Carrots Juice Milk
12 Breakfast: Ham & Cheese Croissant Hash brown Fruit-Juice-Milk Lunch Cheeseburger on Bun Lettuce-Tomato Vegetable Pears Milk	13 Breakfast: Toast Juice & Fresh Fruit Milk Lunch: Chicken Tacos-Cheese (2) Soft Shells Salsa Refried Beans Shredded Lettuce-Cheese Juice Milk	14 Breakfast: Waffle Fruit & Fresh Fruit Milk Lunch: Cheese Pizza Broccoli Cauliflower Strawberry Shortcake Milk	15 Breakfast: Frudel Fruit & Fresh Fruit Milk Lunch: Roast Turkey Mashed Potato & Gravy Peas Peaches Dinner Roll Milk	16 Breakfast: Cereal & Toast Juice & Fresh Fruit Milk Lunch: 2 Stuffed Breadstick Dipping Sauce Vegetable Juice Milk
19 Breakfast: Pancake Blueberry-Fresh Fruit-Milk Lunch: Corn Dog Vegetable Fruit Milk	20 Breakfast: Toast Juice & Fresh Fruit Milk Lunch: Nacho Natural Refried Beans-Salsa Baby Carrots Juice Milk	21 Breakfast: Ultimate Breakfast Casserole/Biscuit Fruit Milk Lunch: Pepperoni Pizza Salad with Cucumbers Apple Crisp Milk	22 Breakfast: Yogurt/Cracker Fruit or Fresh Fruit Milk Lunch: Chicken Noodles Mashed Potato Green Bean Pears Dinner Roll Milk	23 Breakfast: Cereal & Toast Juice or Fresh Fruit Milk Lunch: Fish Shapes Broccoli Carrots Juice Cookie Milk
26 Breakfast: French Toast Fruit-Fresh Fruit Milk Lunch: Chicken Nuggets Baked Beans Winter Blend Orange Wedges Milk	27 Breakfast: Toast Juice & Fresh Fruit Milk Lunch: Chef Salad Grape Tomato/Cucumber Juice or Fresh Fruit Breadstick Milk	28 Breakfast: Ham & Cheese Croissant Milk Hash brown & Fresh Fruit Lunch: Homemade Pizza Broccoli & Cauliflower Jell-O with Fruit Milk		

News



Health Tips

Apple: An Apple a Day keeps the doctor away? Although an apple has low vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C there by helping your colon and heart.

Kiwi: Tiny but Mighty! It is good source of Potassium, magnesium, Vitamin E & Fiber. Its Vitamin C content is twice that of an Orange.

Early to bed, early to rise, is healthy and Wise

Breakfast is the most important Meal of the Day

