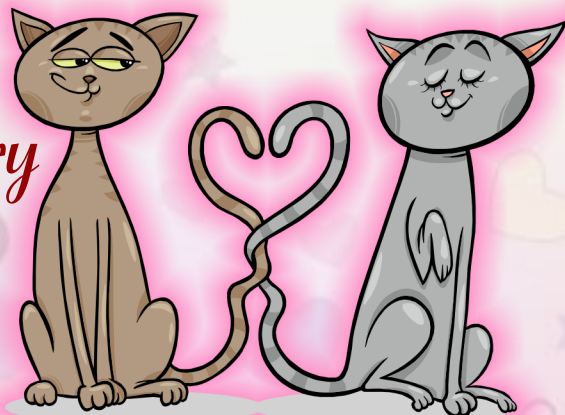


Menus for February 2019

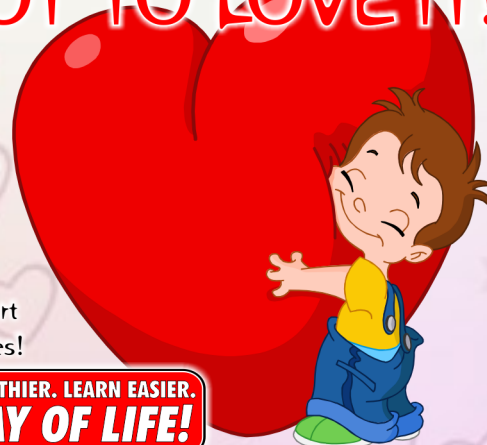
**COLUMBIA
CENTRAL**



Menus are subject to change.

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Friday, February 1

Breakfast
Cereal Bowl

Lunch

NO

LUNCH

SERVED

YEAR OF THE PIG



The Chinese New Year
begins with the new
moon on February 5.
2019 is the
Year of the Pig.

Monday, February 4

Breakfast
Cereal Bowl

Lunch
Chicken Patty
OR
Macaroni and Cheese

Smiley Fries
Fruit
Milk

Tuesday, February 5

Breakfast
Pancakes

Lunch
Taco Pie
OR
Fish Sandwich

Red peppers
Fruit
Milk

Wednesday, February 6

Breakfast
Breakfast Pizza

Lunch
Spaghetti W/ Meat Sauce
OR
Ham Sub

Navy Beans
Fruit
Milk

Thursday, February 7

Breakfast
Breakfast Burrito

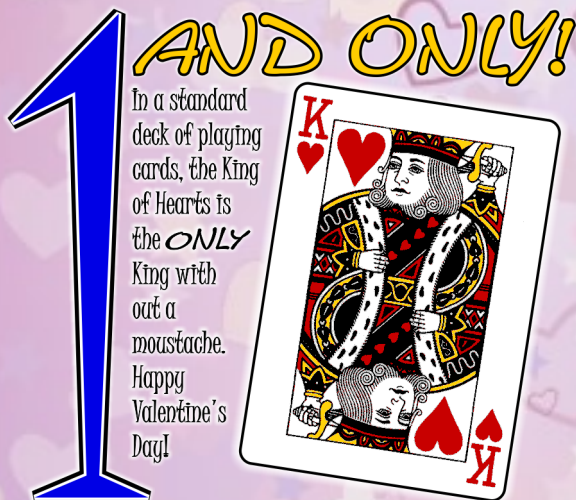
Lunch
Chicken Ala King
OR
Walking Taco

Side Salad
Fruit
Milk

Friday, February 8

Breakfast
Cereal Bowl

Lunch
Chef's Choice



In a standard
deck of playing
cards, the King
of Hearts is
the **ONLY**
King with
out a
moustache.
Happy
Valentine's
Day!

Monday, February 11

Breakfast
Cereal Bowl

Lunch
Chicken Nuggets
OR
Buffalo Chicken Sandwich

Mashed Sweet Potatoes
Fruit
Milk

Tuesday, February 12

Breakfast
Waffle

Lunch
Cheese Quesadilla
OR
Chicken and Rice Bowl

Sliced Cucumbers
Fruit
Milk

Wednesday, February 13

Breakfast
Breakfast Pizza

Lunch
Lemon Pepper Chicken
OR
Turkey Wrap

Collard Greens
Fruit
Milk

Thursday, February 14

Breakfast
Pop Tart

Lunch
NO
LUNCH

SERVED

Friday, February 15

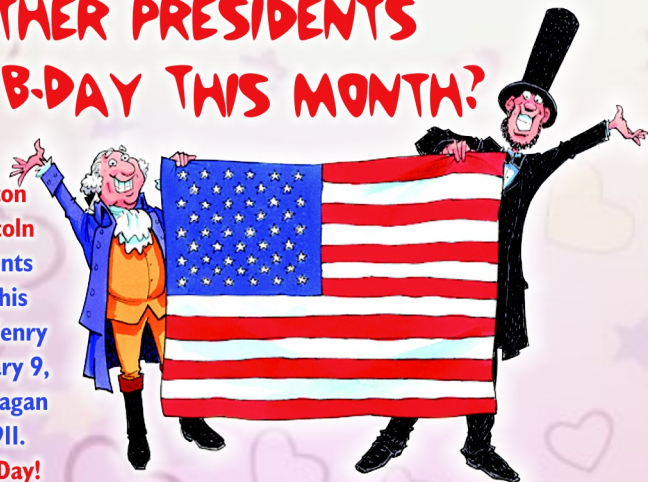
Breakfast
Cereal Bowl

Lunch
Pizza Day

Corn
Fruit
Milk

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.
Happy Presidents Day!



What's on **YOUR** plate?

Q • Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 18



NO SCHOOL TODAY

Tuesday, February 19

Breakfast
Cereal Bowl

Lunch
Chicken Enchilada
OR
Beef and Cheese Taco

Black beans
Fruit
Milk

Wednesday, February 20

Breakfast
Breakfast Pizza

Lunch
Parmesan Chicken Salad
OR
Ham Wrap

Spinach Salad
Fruit
Milk

Thursday, February 21

Breakfast
Egg and Cheese Sandwich

Lunch
Beef Macaroni
OR
Hamburger

Cabbage
Fruit
Milk

Friday, February 22

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Monday, February 25

Breakfast
Cereal Bowl

Lunch
Chicken Nuggets
OR
Meatball Sub

Green Beans
Fruit
Milk

Tuesday, February 26

Breakfast
Pancakes

Lunch
Walking Taco
OR
Corn Dog

Refried Beans
Fruit
Milk

Wednesday, February 27

Breakfast
Breakfast Pizza

Lunch
Salisbury Steak
OR
Turkey Bagel Sandwich

Mashed Potato
Fruit
Milk

Thursday, February 28

Breakfast
Apple Bosco

Lunch
Chicken Potato Bowl
OR
Boneless Buffalo Wings

Side Salad
Fruit
Milk

STRANGE BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!

