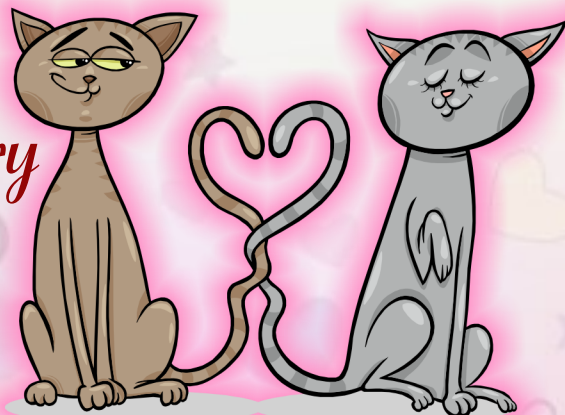


# Menus for February 2019

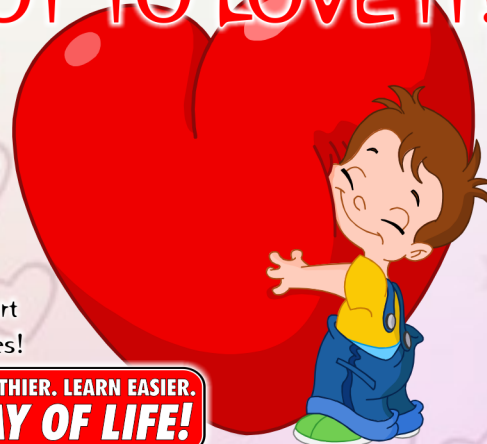
**Steger  
Intermediate  
Center**



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 Bar

**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 Bar

**Lunch**  
Chicken Patty  
OR  
Ham and Cheese Plate

Smiley Fries  
Fruit  
Milk

**Tuesday, February 5**

**Breakfast**  
Pancakes

**Lunch**  
Taco Pie  
OR  
Turkey Sandwich

Side Salad  
Juice  
Milk

**Wednesday, February 6**

**Breakfast**  
Breakfast Pizza

**Lunch**  
Mac N Cheese  
OR  
Chicken Ranch Wrap

Cauliflower  
Fruit  
Milk

**Thursday, February 7**

**Breakfast**  
Breakfast Burrito

**Lunch**  
Grilled Cheese Sandwich  
OR  
Turkey Wrap

Mashed Sweet Potatoes  
Juice  
Milk

**Friday, February 8**

**Breakfast**  
Cereal Bar

**Lunch**  
Pepperoni Pizza  
OR  
Jammer

Red peppers  
Fruit  
Milk



## AND ONLY!

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 Bar

**Lunch**  
Chicken Nuggets  
OR  
Ham and Cheese Sandwich

Red Beans  
Fruit  
Milk

**Tuesday, February 12**

**Breakfast**  
Waffle

**Lunch**  
Cheese Quesadilla  
OR  
Turkey Roll-Up

Sliced Cucumbers  
Juice  
Milk

**Wednesday, February 13**

**Breakfast**  
Breakfast Pizza

**Lunch**  
Meatloaf  
OR  
Ham Wrap

Collard Greens  
Fruit  
Milk

**Thursday, February 14**

**Breakfast**  
Pop Tart

**Lunch**  
NO  
LUNCH

SERVED

**Friday, February 15**

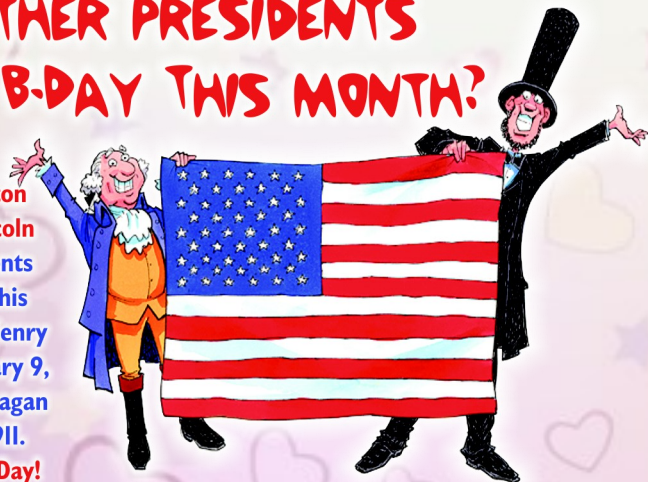
**Breakfast**  
Cereal Bar

**Lunch**  
Cheese Pizza  
OR  
Jammer

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!**



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, February 18



**NO SCHOOL TODAY**

Tuesday, February 19

**Breakfast**  
Cereal Bar

**Lunch**  
Chicken Enchilada  
OR  
Turkey Sandwich

Hashbrown  
Juice  
Milk

Wednesday, February 20

**Breakfast**  
Breakfast Pizza

**Lunch**  
Chicken Tenders  
OR  
Chicken Ranch Wrap

Spinach Salad  
Fruit  
Milk

Thursday, February 21

**Breakfast**  
Egg and Cheese Sandwich

**Lunch**  
Hamburger on a Bun  
OR  
Turkey Wrap

Cabbage  
Juice  
Milk

Friday, February 22

**Breakfast**  
Cereal Bar

**Lunch**  
Pepperoni Pizza  
OR  
Jammer

Carrots  
Fruit  
Milk

Monday, February 25

**Breakfast**  
Cereal Bar

**Lunch**  
Base Stealing Nuggets  
OR  
Ham and Cheese Sandwich

Green Beans  
Fruit  
Milk

Tuesday, February 26

**Breakfast**  
Pancakes

**Lunch**  
3 Strikes You're Out  
Hotdog  
OR  
Turkey Roll-Up

Side Salad  
Juice  
Milk

Wednesday, February 27

**Breakfast**  
Breakfast Pizza

**Lunch**  
Grand Slam Nacho  
OR  
Ham Wrap

Mashed Potato  
Fruit  
Milk

Thursday, February 28

**Breakfast**  
Apple Bosco

**Lunch**  
Batter Up Corn Dogs  
OR  
Turkey Wrap

Refried Beans  
Juice  
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!**

