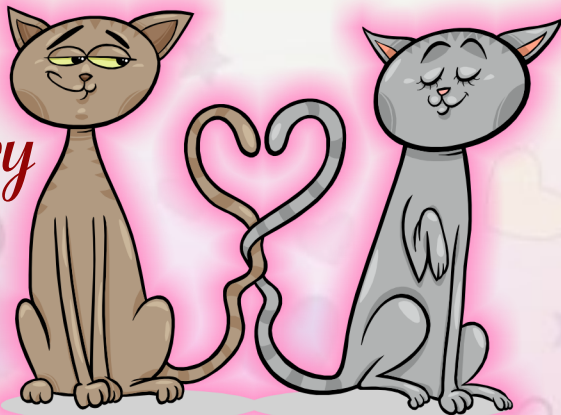


Menus for February 2019

**Steger
Primary
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

J Cereal Bar

Lunch

Chicken Nuggets W/ Roll
OR
Ham and Cheese Sandwich

Smiley Fries
Fruit
Milk

Tuesday, February 5

Breakfast

Pancakes

Lunch

Bosco Sticks
OR
Chef Salad

Side Salad
Juice
Milk

Wednesday, February 6

Breakfast

Breakfast Pizza

Lunch

Meatloaf W/ Roll
OR
Turkey and Cheese Plate

Cauliflower
Fruit
Milk

Thursday, February 7

Breakfast

Breakfast Burrito

Lunch

Hotdog on a Bun
OR
Ham Roll Up

Navy Beans
Juice
Milk

Friday, February 8

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Red Peppers
Fruit
Milk



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

Hamburger
OR
Ham and Cheese Plate

Red Beans
Fruit
Milk

Tuesday, February 12

Breakfast

Waffle

Lunch

Beef and Cheese Taco
OR
Turkey and Cheese Sandwich

Sliced Cucumbers
Juice
Milk

Wednesday, February 13

Breakfast

Breakfast Pizza

Lunch

Macaroni and Cheese
OR
Ham and Cheese Wrap

Collard Greens
Fruit
Milk

Thursday, February 14

Breakfast

Pop Tart

Lunch

NO

LUNCH

SERVED

Friday, February 15

Breakfast

Cereal Bar

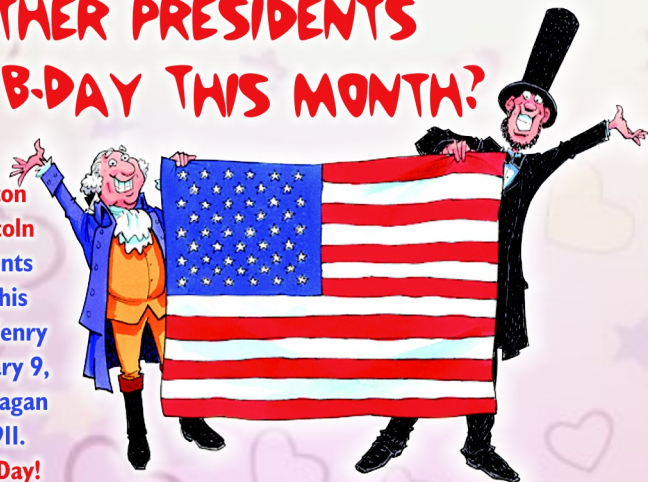
Lunch

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 18



NO SCHOOL TODAY

Tuesday, February 19

Breakfast
Cereal Bar

Lunch
Pancakes and Sausage
OR
Chef Salad

Hashbrown
Juice
Milk

Wednesday, February 20

Breakfast
Breakfast Pizza

Lunch
Taco Pie
OR
Turkey and Cheese Plate

Spinach Salad
Fruit
Milk

Thursday, February 21

Breakfast
Egg and Cheese Sandwich

Lunch
Corn Dogs
OR
Ham Roll Up

Cabbage
Juice
Milk

Friday, February 22

Breakfast
Cereal Bar

Lunch
Cheese Pizza
OR
Jammer

Carrots
Fruit
Milk

Monday, February 25

Breakfast
Cereal Bar

Lunch
Chicken Nuggets W/ Roll
OR
Ham and Cheese Plate

Green Beans
Fruit
Milk

Tuesday, February 26

Breakfast
Pancakes

Lunch
Pretzel W/ Cheese
OR
Turkey and Cheese Sandwich

Side Salad
Juice
Milk

Wednesday, February 27

Breakfast
Breakfast Pizza

Lunch
Salisbury Steak
OR
Ham and Cheese Wrap

Mashed Potato
Fruit
Milk

Thursday, February 28

Breakfast
Apple Bosco

Lunch
Chicken and Rice Bowl
OR
Chicken Ranch 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!

