

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!
COLOR ME!**

		<p>1 <u>Nachos & Cheese</u> Or Spicy Taco Filling, Lettuce, Salsa, Sour Cream Mexicali Corn Chilled Fruit Choice of Milk</p>	<p>2 <u>Chicken Patty</u> On a WW Bun, Hamburger or Cheeseburger, Oven Fries & Pickles Chilled Fruit Choice of Milk</p>	<p>3 <u>Stuffed Crust Pizza WW</u> Broccoli -Pepperoni Topping Marinated Green Beans, Choice of Milk & Fruit <u>Pizzeria – Park Ave.</u></p>
<p>6 <u>Chicken Nuggets</u> W/wo dipping sauce WW Italian Bread Steamed Broccoli Fluffy Brown Rice Ranch Salad Pita With Crispy Chicken Choice of Fruit-Milk</p>	<p>7 <u>Bagel Day</u> Choice of Tuna Peanut Butter, Turkey or American cheese on a Bagel, Baby Carrot Sticks & Dip Choice of Fruit-Milk</p>	<p>8 <u>Brunch for Lunch</u> Waffles or Egg on a bun, Sausage Patty, Hash Brown Or Turkey Wraps Mixed Fruit Cups Choice of Milk</p>	<p>9 <u>Chicken Patty</u> On a WW Bun, Hamburger or Cheeseburger, Oven Fries, Pickles Chilled Peach Cup Choice of Milk</p>	<p>10 <u>Stuffed Crust Pizza WW</u> Broccoli -Pepperoni Topping Pasta Salad Choice of Fruit & Milk <u>Pizzeria- Saw Mill</u></p>
<p>13 <u>Pizza Dippers</u> Hot Bread Sticks Marinara Sauce for Dipping Fresh Cut Cheese Sticks Mixed Vegetables Chilled Applesauce Choice of Milk</p>	<p>14 <u>Corn Dog or Mac & Cheese</u> Chicken Noodle Soup Green Beans Fresh Fruit Choice of Milk <u>Valentine-Treat</u></p>	<p>15 <u>Chicken Nuggets</u> W/wo dipping sauce WW Italian Bread Steamed Broccoli Fluffy Brown Rice Ranch Salad Pita With Crispy Chicken Choice of Fruit-Milk</p>	<p>16 <u>Tomato Soup Grilled Cheese</u> Sandwich or Tuna Wrap Golden Corn Choice of Milk & Fruit</p>	<p>17 <u>Stuffed Crust Pizza WW</u> Broccoli or Pepperoni Topping Garden Salad Pear Cups Choice of Milk</p>
<p>20 <u>PRESIDENTS DAY</u> WENTER RECESS</p>	<p>21 WINTER RECESS</p>	<p>22 WINTER RECESS</p>	<p>23 WINTER RECESS</p>	<p>24 WINTER RECESS</p>
<p>27 <u>Popcorn Chicken</u> w/wo dipping sauce WW Italian Bread Mashed Potatoes Ranch Salad Pita With Crispy Chicken Choice of Fruit-Milk</p>	<p>28 <u>Hot Breaded Mozzarella Sticks</u> Marinara Sauce for Dipping Pasta with Butter Diced Peaches Choice of Milk</p>	<p>29 <u>Bagel Day</u> Choice of Tuna Peanut Butter, Turkey or American Cheese on a Bagel Baby Carrot Sticks & Dip Choice of 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?



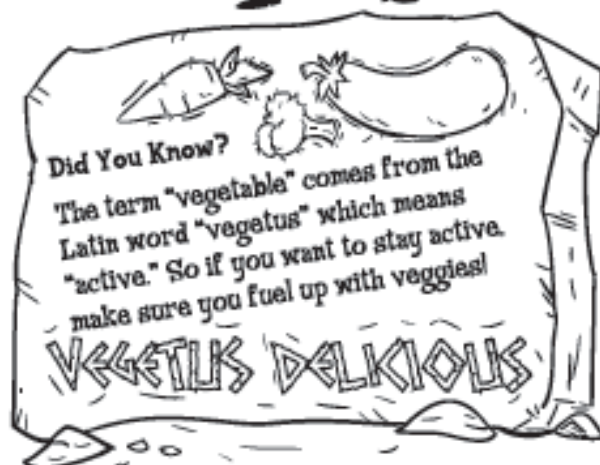
Veggie Seek and Find

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



(Answer: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Peas, Yambean, Health, Corn)



OUR CAFETERIA BRINGS IT!

North Bellmore U. F. S. D. February, 2011

Student Lunch - \$2.25 Doubles - \$1.00
 Reduced Lunch - \$.25 Pizzeria Pizza
 Double - \$1.50

Deli Selection: Salads, Turkey, Tuna, Bologna, American Cheese & Peanut Butter
Cold Sandwiches, Wraps & Stuffed Pita's may be substituted for lunch entrée with remainder of the meal.

Choose Daily: Fruit, Apple or Orange Juice
Choose Daily: Skim, 1%, or Low Fat Chocolate
 Lunch Office: 992-3000 x4427

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

www.squaremeals.org

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (800) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 945-9336 (Spanish). USDA is an equal opportunity provider and employer.



Food and Nutrition
 PART OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 OUR PARTNER FROM STAPLES

