



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT</p> <p>For kids breakfast contributes:</p> <ul style="list-style-type: none"> • Less than 20% of daily calories • More than 30% of calcium, iron, B vitamins¹ • Approximately 45% of vitamin D² </div>		<p>1</p> <p>French Toast Sticks Juice Milk</p>	<p>2</p> <p>Yogurt Juice Milk</p>	<p>3</p> <p>Muffin Juice Milk</p>
<p>6</p> <p>Egg Sandwich on a Bagel (w/ cheese or turkey sausage) Juice Milk</p>	<p>7</p> <p>Cereal Juice Milk</p>	<p>8</p> <p>Cinnamon Toast Juice Milk</p>	<p>9</p> <p>Muffin Juice Milk</p>	<p>10</p> <p>Yogurt Juice Milk</p>
<p>13</p> <p>Cinnamon Bun Juice Milk</p>	<p>14</p> <p>Muffin Juice Milk</p>	<p>15</p> <p>Homemade Blueberry Muffin Juice Milk</p>	<p>16</p> <p>Yogurt Juice Milk</p>	<p>17</p> <p>Cereal Juice Milk</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>← WINTER RECESS - NO SCHOOL →</p>				
<p>27</p> <p>Homemade Pancakes (Blueberry or Chocolate Chip) Juice Milk</p>	<p>28</p> <p>Cereal Juice Milk</p>	<p>29</p> <p>Egg Sandwich on a Bagel (w/ cheese or turkey sausage) Juice Milk</p>		
<p>NUTRITION TIP: Benefits of Vitamin D</p> <ul style="list-style-type: none"> • 7 out of 10 Americans don't meet recommended intakes for vitamin D.³ • Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.⁴ • Find vitamin D in fortified low-fat yogurt and other dairy foods. 			<p>*All Hamburger & Hot Dog Rolls are Whole Grain If you have any questions regarding the menu, please contact Mrs. Coons @ 465-4561 ext.110 For student account balances, please contact Mrs. Ramsay at: jramsay@menands.org **Menu may change without notice due to deliveries** **PLEASE REMEMBER WHEN SENDING YOUR CHILD'S MONEY IN AN ENVELOPE TO: INCLUDE THE CHILD'S NAME AND THE AMOUNT OF MONEY BEING SENT IN. THANK YOU.</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School Information:</p> <ul style="list-style-type: none"> • 2/7 - EARLY DISMISSAL - 11:00a.m. • 2/15 - PTA Spaghetti Dinner - 4:30-6:30p.m. • 2/16 - Citizen/Scholar Assembly - 1:30p.m. 		<p>1 Grilled Cheese Sandwich Tomato Soup Fruit & Milk</p>	<p>2 Beef Tacos Hard or Soft (w/ lettuce, cheese, tomato) Rice Corn, Fruit & Milk</p>	<p>3 Mozzarella Sticks Tossed Salad Fruit & Milk</p>
<p>6 Baked Chicken Nuggets Rotini Corn Fruit & Milk</p>	<p>7 EARLY DISMISSAL - 11:00 Parent /Teacher Conferences NO LUNCH</p>	<p>8 Meatball Sub Tossed Salad Fruit & Milk</p>	<p>9 Spaghetti w/ Meatballs Tossed Salad Blueberry Cup & Milk</p>	<p>10 Beef or Turkey Hot Dog Tater Tots Fruit & Milk</p>
<p>13 Baked Chicken Pattie (on a bun) Rice Blueberries w/ yogurt Milk</p>	<p>14 Mini Hamburgers or Cheeseburgers (w/ or w/o lettuce) Tater Tots Fruit & Milk</p>	<p>15 Nachos w/ Beef or Cheese on BLUE tortilla chips (w/ salsa & sour cream) Tossed Salad Fruit & Milk</p>	<p>16 Homemade Blueberry Pancakes Tater Tots Turkey Sausage Links Applesauce & Milk</p>	<p>17 Pizza Dippers Broccoli w/ dip Fruit & Milk</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>← WINTER RECESS - NO SCHOOL →</p>				
<p>27 Baked Popcorn Chicken Rice Green Beans Fruit & Milk</p>	<p>**Parents Invited** 28 Twice Baked Potato (w/ cheese, bacon, broccoli) Corn Fruit & Milk</p>	<p>NEW ENTRÉE 29 Pizza Round (sliced) (mushroom, cheese or pepperoni) Tossed Salad Fruit & Milk</p>		
<p>NUTRITION TIP: Benefits of Vitamin D</p> <ul style="list-style-type: none"> • 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹ • Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.² • Find vitamin D in fortified low-fat yogurt and other dairy foods. 			<p>School Information:</p> <ul style="list-style-type: none"> • 2/28 - Parents Invited for Lunch ** <p>**If you plan on having lunch with your child(ren) on Feb. 28th, it is NECESSARY to complete a "Parents Invited" lunch form which can be found on the school website, www.menands.org (Cafeteria Program). They are also available at the front desk.</p>	