

USDA is an equal opportunity provider and employer.

Wednesday, February 4	Thursday, February 5	Friday, February 6
Chicken Nuggets Carrots w/ranch Mashed Potato Gravy 100 % Juice Milk	<u>Conferences</u>	<u>Conferences</u>

Monday, February 2
WG Cheese Stuffed Pretzel Corn Fresh Apple 100 % Juice Gold Fish Crackers Milk

Tuesday, February 3
BB-Q Pulled Chicken Sandwich Green Beans Sweet Potato Fries Whole Fruit Lemon Berry Swirl Cup Milk



MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

Monday, February 9
Pizza Mandarin Orange Pieces Corn 100 % Juice Milk

Tuesday, February 10
Chicken Fried Beef Fingers Applesauce Cups Orange Wedges 100 % Juice Milk

BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



Wednesday, February 11
Zesty Salmon Fillet with Roll Fresh Carrots w/ranch Mashed Potato Gravy 100 % Juice Milk

Thursday, February 12
Manwich Sloppy Joe Green Beans Baked Beans Mixed Fruit Milk

Friday, February 13
Beef Nuggets in Teriyaki Sauce Steamed Broccoli Pineapple Applesauce Cup Milk



Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.



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

Monday, February 16

Egg Roll

Rice
Green Beans
100 % Juice
Milk

羊 YEAR OF THE GOAT

The Chinese New Year begins with the new moon on February 19th. 2015 is the year of the Goat, Sheep, or Ram.

2015



Tuesday, February 17

Chicken Quesadilla

Corn
Tater Tots
Mixed Berry Blend
Milk

Wednesday, February 18

Sliders

Fresh Carrots with Ranch
Winter Mix Vegetables
Strawberry Cups

Milk

Thursday, February 19

Spaghetti with Meat Sauce
And Bread Stick

Fresh Romaine Salad
Applesauce
100 % Juice

Milk

Friday, February 20

Grilled Cheese Sandwich

Wedge Potato
Diced Pears
Whole Fruit Orange
Pineapple
Swirl
Milk

Monday, February 23

Salmon Enchilada

Grilled Sweet Potato Bites
Applesauce
Whole Fruit Orange
Pineapple Swirl

Milk

Tuesday, February 24

Chalupa

Fresh Carrots with Ranch
Corn
Strawberries

Milk

Wednesday, February 25

Beef Nuggets in Teriyaki
Sauce with Roll

Chow Mein Noodles
Green Beans
100 % Juice

Milk

Thursday, February 26

Chicken Taco

Refried Beans
Orange Wedges
100 % Juice

Milk

Every complete meal we serve comes with your choice of milk

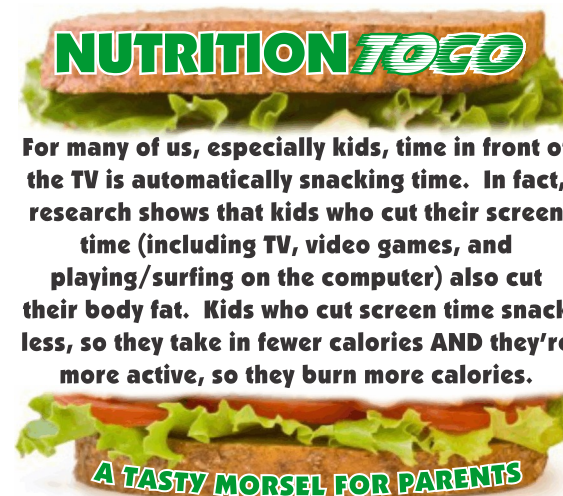


Friday, February 27

Pizza

Steamed Broccoli
Peaches
KK Fries
Choc Chip Cookie

Milk



For many of us, especially kids, time in front of the TV is automatically snacking time. In fact, research shows that kids who cut their screen time (including TV, video games, and playing/surfing on the computer) also cut their body fat. Kids who cut screen time snack less, so they take in fewer calories AND they're more active, so they burn more calories.