

MENUS FOR FEBRUARY

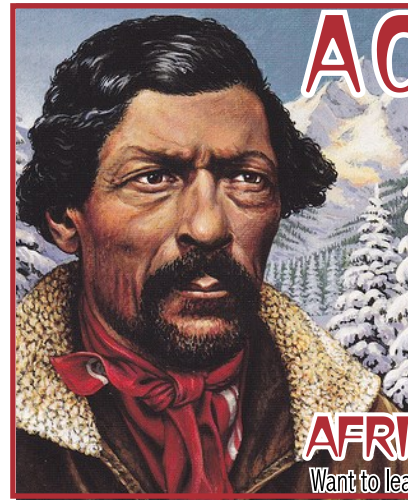
KPBSD K-12 /
Chapman
Lunch Menu

This institution is
an equal



GROUNDHOG
DAY

FEBRUARY
2ND



A CHIEF OF ALL CHIEFS

Jim Beckwourth was born a slave in Virginia around 1800. He became a legendary mountain man, fur trader, hunter, and explorer in the untamed Western U.S. during the 1820's and 30's. Beckwourth discovered a mountain pass near Lake Tahoe that still bears his name. He spent much of his adult life in the West living with Apaches, Sacs, and other Native Americans, who gave him the name Dark Sky. Beckwourth led the Crows in battle against the Blackfeet and was named "A Chief of All Chiefs" by the Crow Nation. Later, he established trading posts that became the towns of Pueblo, Colorado and Beckwourth, California. Beckwourth died in a Crow village in Montana in 1866.

AFRICAN AMERICAN HISTORY MONTH

Want to learn more? Start by going to Blackpast.org or doing a search for Jim Beckwourth.

THE ESHIMA
OHASHI BRIDGE
IN JAPAN IS
SO STEEP THAT
IT IS KNOWN
AS THE ROLLER
COASTER
BRIDGE!



HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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

Wednesday, Feb. 1

Egg Roll

Fried Rice
Fresh Broccoli with
Hummus Dip
Pineapple
Applesauce
Milk

Thursday, Feb. 2

Vegetarian Chili
with Pretzel

Romaine Salad
w/Dressing
Banana
Milk

Friday, Feb. 3

Ravioli

Corn
Mixed Fruit
Baby Carrots
With Ranch
Waffle Graham
Milk

Monday, Feb. 6

Chicken Nuggets
With Rice

Steamed Broccoli
Applesauce
Milk

Tuesday, Feb. 7

BB-Q Pork Hoagie

Mixed Fruit
Sweet Potato
Lattice Fries
Milk

Wednesday, Feb. 8

Chicken Taquitos
with Salsa

Refried Beans
Baby Carrots with
Ranch
Apple
Milk

Thursday, Feb. 9

NO

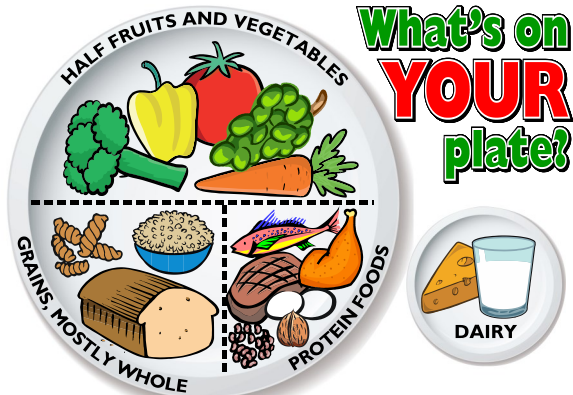
SCHOOL
CONFERENCES

Friday, Feb. 10

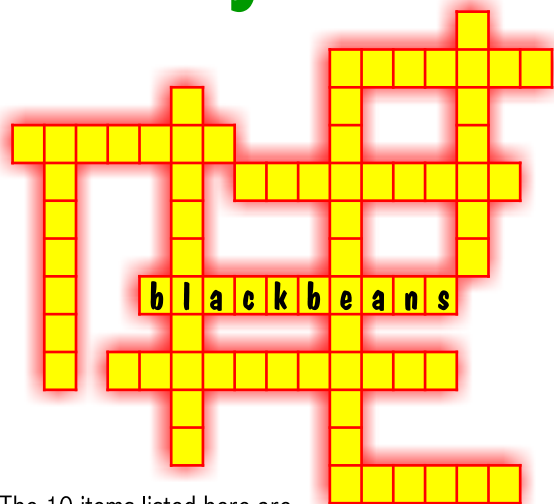
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SCHOOL
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**STRANGE
BUT TRUE!**



Can you fit in the “hearty” foods?



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates — and you should also try to fit them in to the crossword puzzle above!

Almonds
Asparagus
Oatmeal

Walnuts
Spinach
Salmon

Blueberries
Strawberries
Black Beans
Cantaloupe

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

Monday, Feb. 13

Corn Dog

Baked Beans
Sweet Potato
Lattice Fries
Applesauce
Milk

Tuesday, Feb. 14

Manwich Sloppy
Joe

KK Fries
Green Beans
Banana
Milk

Wednesday, Feb. 15

Sweet -n- Sour
Chicken with Rice

Fresh Broccoli
with Ranch
Mandarin Orange
Milk

Thursday, Feb. 16

Beef -N-Bean
Taco

Corn
Fresh Pear
Milk

Friday, Feb. 17

Breaded Chicken
Sandwich

Romaine Salad
with Ranch
Diced Peaches
Milk

Monday, Feb. 20

Beef Teriyaki
Dipper with Rice

Green Beans
Fresh Apple
Cookie
Milk

Tuesday, Feb. 21

Cheeseburger

Baked Beans
Jo-Jo's
Fresh Pear
Milk

Wednesday, Feb. 22

French Toast with
Sausage

Tater Tots
Fresh Orange
Wedges
Milk

Thursday, Feb. 23

Italian Sauce
with Noodles

Garlic Toast
Spinach Salad
Strawberry Cup
Apple Juice
Milk

Friday, Feb. 24

Baja Fish Sticks

Fresh Broccoli and
Baby Carrots with
Hummus Dip
Peach Cubes
Goldfish Pretzels
Milk

Monday, Feb. 27

Popcorn Chicken
with Roll

Green Beans
Fresh Apple
Milk

Tuesday, Feb. 28

Fiesta Bowl with
Tortilla
Refried Beans

Diced Peaches
Apple Juice
Milk



Every complete meal
we serve comes with
your choice of milk!

NUTRITION TO GO

The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can't pollinate without them!

A TASTY MORSEL FOR PARENTS