

# MENUS FOR FEBRUARY

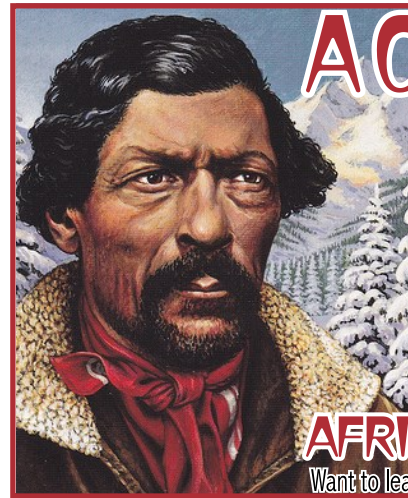
KPBSD Middle  
School Lunch  
Menu

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](http://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  
or  
Teriyaki Beef  
Dippers w/ Roll

Fried Rice  
Fresh Broccoli with  
Hummus Dip  
Pineapple  
Applesauce  
Milk

Thursday, Feb. 2

Vegetarian Chili  
with Pretzel  
or  
Popcorn Chicken

Romaine Salad  
w/Dressing  
Banana  
Milk

Friday, Feb. 3

Ravioli  
or  
Chicken Nuggets

Corn  
Mixed Fruit  
Baby Carrots  
With Ranch  
Waffle Graham  
Milk

Monday, Feb. 6

Chicken Nuggets  
or  
Egg Rolls both w/  
Rice  
Steamed Broccoli  
Applesauce  
Fruitables  
Milk

Tuesday, Feb. 7

BB-Q Pork Hoagie  
or  
Corn Dog  
  
Mixed Fruit  
Sweet Potato  
Lattice Fries  
Milk

Wednesday, Feb. 8

Chicken Taquitos  
or  
Chicken Quesadilla  
with Salsa  
Refried Beans  
Baby Carrots with  
Ranch  
Apple  
Milk

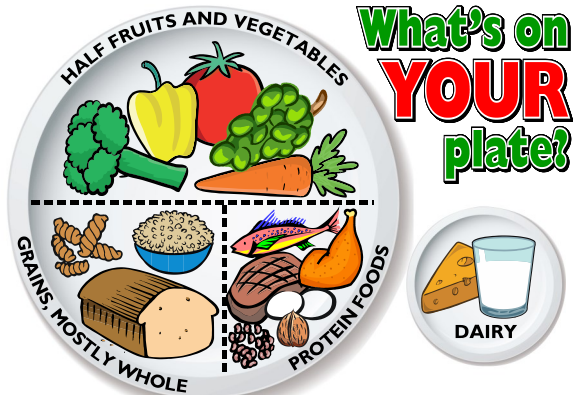
Thursday, Feb. 9

NO SCHOOL  
CONFERENCES

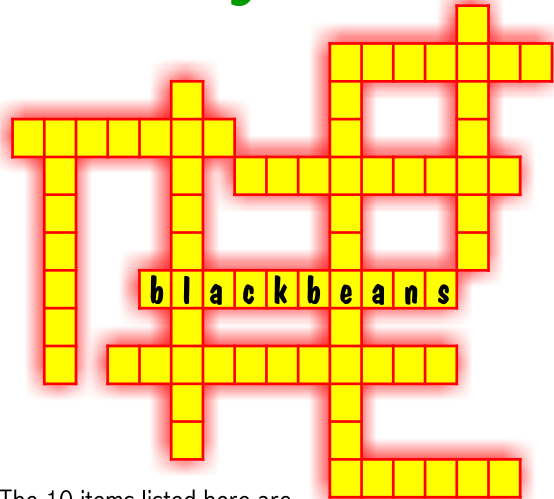
Friday, Feb. 10

NO SCHOOL  
CONFERENCES

**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, Feb. 13**

Corn Dog  
or  
Bb-Q Pork Hoagie

Baked Beans  
Sweet Potato  
Lattice Fries  
Applesauce  
Milk

**Tuesday, Feb. 14**

Manwich Sloppy  
Joe  
or  
Popcorn Chicken

KK Fries  
Green Beans  
Banana  
Milk

**Wednesday, Feb. 15**

Sweet -n- Sour  
Chicken or  
Chicken Fried Beef  
Sticks  
both with Rice  
Fresh Broccoli  
with Ranch  
Mandarin Orange  
Milk

**Thursday, Feb. 16**

Beef –N-Bean  
Taco  
or  
Pizza Stick

Corn  
Fresh Pear  
Milk

**Friday, Feb. 17**

Breaded Chicken  
Sandwich  
or  
Pizza  
Romaine Salad  
with Ranch  
Dressing  
Diced Peaches  
Milk

**Monday, Feb. 20**

Beef Teriyaki  
Dippers  
or  
Popcorn Chicken  
both with Rice

Green Beans  
Fresh Apple  
Cookie  
Milk

**Tuesday, Feb. 21**

Cheeseburger  
or  
Chicken Nuggets  
with Roll

Baked Beans  
Jo-Jo's  
Fresh Pear  
Milk

**Wednesday, Feb. 22**

French Toast with  
Sausage  
or  
Ham –N-Cheese  
Hoagie  
Tater Tots  
Fresh Orange  
Wedges  
Milk

**Thursday, Feb. 23**

Italian Sauce  
with Noodles  
Or  
Pizza Stick

Garlic Toast  
Spinach Salad  
Apple Juice  
Strawberry Cup  
Milk

**Friday, Feb. 24**

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

**Monday, Feb. 27**

Popcorn Chicken  
with Roll  
or  
Ham –N-Cheese  
Hoagie

Green Beans  
Fresh Apple  
Milk

**Tuesday, Feb. 28**

Fiesta Bowl with  
Tortilla  
or  
Chicken Taquitos

Refried Beans  
Diced Peaches  
Apple Juice  
Milk



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

