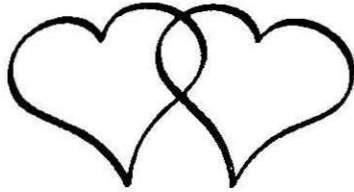


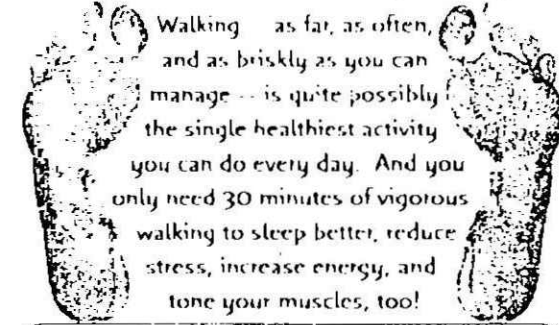
Menus for February 2012



St. Paul Elementary

1 AND ONLY! MAKE SOME TRACKS.

The gecko is the only lizard that has a voice. In fact, its name comes from the Indonesian word for the sound it makes. Maybe that's why it's on so many commercials!



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



What's on **YOUR** plate?



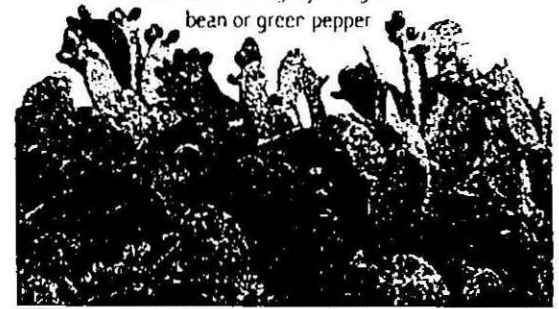
NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate — at least 65% cocoa — delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



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

Wednesday, February 1

Breakfast
Chicken Biscuit

Lunch
Pizza or
BBQ Rib Sandwich
Corn
Chilled Fruit
Chocolate Chip Cookie

Thursday, February 2

Breakfast
Ultimate Breakfast Round

Lunch
Baked Spaghetti or
Popcorn Chicken
Tossed Salad
Chilled Fruit
Rolls

Friday, February 3

Manager's Choice

Breakfast
Pancakes

Lunch
Ham & Cheese Sandwich or
Chili Cheese Nachos
Baked Potato
Fresh Fruit
Brownie

Monday, February 6

Manager's Choice

Breakfast
Chicken Biscuit

Lunch
Pizza or
Taco Soup w/ Tortilla Chips
Corn
Chocolate Chip Cookie
Chilled Fruit

Tuesday, February 7

Breakfast
Mini Cinnis

Lunch
Hot Dogs or
Cheeseburger
Tater Tots
Chilled Fruit
Oatmeal Raisin Cookie

Wednesday, February 8

Breakfast
Biscuit & Gravy

Lunch
Cheesesticks or
Italian Sandwich
Green Beans
Tossed Salad
Apple Crisp

Thursday, February 9

Breakfast
French Toast Sticks

Lunch
Taco w/ Cheese or
Chicken Fajita
Lettuce, Tomato
Corn
Chilled Fruit
Honey Bun Cake

Friday, February 10

Breakfast
Sausage Biscuit

Lunch
Chicken Nuggets or
Ravioli
Mashed Potatoes
Peas
Chilled Fruit
Rolls

Monday, February 13

Breakfast
Biscuit & Gravy

Lunch
Cheeseburger or Sloppy Joe
French Fries
Chilled Fruit
Chocolate Chip Cookie

Tuesday, February 14

Breakfast
Chicken Biscuit

Lunch
Steak & Gravy or Chicken Tenders
Mashed Potatoes
Peas
Chilled Fruit
Rolls

Wed., February 15

Breakfast
Ultimate Breakfast Round

Lunch
Mini Corn Dogs or Chicken Fajita
Macaroni & Cheese
Green Beans
Chilled Fruit

Thursday, February 16

Manager's Choice

Breakfast
French Toast Sticks

Lunch
Grilled Cheese Sandwich w/
Vegetable Soup or Beans —N— Wieners
Carroteenies w/ Ranch
Dressing
Chilled Fruit

Friday, February 17

Breakfast
Sausage Biscuit

Lunch
Pizza or Chicken Sandwich
Tossed Salad
Corn
Chilled Fruit

Prices

Breakfast: \$0.85
Lunch Elementary: \$1.35
Lunch Secondary: \$1.60
Adult/Visitor Lunch: \$2.60
Entree: \$1.25
Milk: \$0.35
Small Water: \$0.55
Large Water: \$0.75

Monday, February 20

Breakfast
Sausage Biscuit

Lunch
Chicken Tenders or Breaded Fish
Macaroni & Cheese
Vegetable Blend
Chilled Fruit
Breadstick

Tuesday, February 21

Breakfast
Breakfast Pizza

Lunch
Breakfast for Lunch
Biscuit & Gravy
Sausage or Ham
Scrambled Eggs
Tater Tots
Cooked Apples

Wed., February 22

Manager's Choice

Breakfast
Waffles

Lunch
Ham & Cheese Sandwich or Turkey & Cheese Sandwich
Baked Beans
Chilled Fruit
Animal Crackers

Thursday, February 23

Breakfast
Biscuit & Gravy

Lunch
Baked Spaghetti or Popcorn Chicken
Green Beans
Chilled Fruit
Rolls


Friday, February 24

Breakfast
French Toast Sticks

Lunch
Chicken Sandwich or Fish Sandwich
Potato Wedges
Baked Beans
Chilled Fruit

365.2422

That's how many days it takes the earth to orbit the sun... and that's why we have leap year. We add a day to the month of February every four years to make up for the .2422 days that just won't fit in our regular year!



LEAP YEAR 2012

Monday, February 27

Breakfast
Biscuit & Gravy

Lunch
Cheesesticks or BBQ Rib Sandwich
Broccoli
Pasta Salad
Chilled Fruit

Tuesday, February 28

Breakfast
Mini Cinnis

Lunch
Pizza or BBQ Pork Sandwich
Corn
Chilled Fruit
Chocolate Chip Cookie


Wed., February 29

Breakfast
Chicken Biscuit

Lunch
Mini Corn Dogs or Chicken Fajita
Macaroni & Cheese
Green Beans
Chilled Fruit

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A HERO OF THE REVOLUTION



James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette