

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | 1 CHEESEBURGER/ROLL LETT, TOM, PICKLE CORN FRUIT MILK | 2 CHICKEN NUGGETS SEASONED NOODLES BROCCOLI FRUIT MILK | 3 FRENCH BREAD PIZZA TOSSED SALAD/ DRESS PRETZEL TWISTS FRUIT MILK |
| 6 ACT 80 DAY NO SCHOOL | 7 HOT HAM & CHEESE ON PRETZEL ROLL GREEN BEANS SUN CHIPS FRUIT MILK | 8 CHICKEN PATTY ON MULTIGRAIN ROLL BUTTERED NOODLES CELERY STIX/ DIP FRUIT MILK | 9 BEEF TACOS CHEESE, LETT, TOM, SALSA RICE FRUIT MILK | 10 PIEROGIES CHEESE WEDGE MIXED VEGETABLES SOFT PRETZEL FRUIT MILK |
| 13 TURKEY PINWHEEL (TURKEY & BACON) LETT, TOM, PICKLE TATOR TOTS FRUIT MILK | 14 CHICKEN TENDERS W/ DIPPING SAUCE SEASONED RICE CARROTS FRUIT MILK | 15 TOMATO SOUP GRILLED CHEESE SAND VEGGIE STIX/ DIP FRUIT MILK | 16 BEEFARONI GARLIC BREADSTICK GREEN BEANS FRUIT MILK | 17 DOUBLE CHEESE PIZZA PRETZEL TWISTS GARDEN SALAD/ DRESS FRUIT MILK |
| 20 PRESIDENTS DAY NO SCHOOL | 21 CHEESESTEAK / SAUCE BUTTERED NOODLES BROCCOLI FRUIT MILK | 22 PIEROGIES CHEESE WEDGE CARROT COINS PRETZELS FRUIT MILK | 23 PORK CHOPETTE/GRAVY MASHED POTATOES SEASONED PEAS FRUIT MILK | 24 QUESADILLA PIZZA VEGGIE STIX/ DIP BAKED CHIPS FRUIT MILK |
| 27 STROMBOLI/ SAUCE WINTER VEGETABLES BAKED CHEETOS FRUIT MILK | 28 BBQ RIB – A – QUE MASHED POTATOES CORN FRUIT MILK | 29 FRENCH TOAST/ SYRUP SAUSAGE PATTY HASH BROWN FRUIT JUICE MILK |  | |

NUTRITION TIP: Benefits of Vitamin D

- 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.

ACT 80 DAY Feb 6th 2012 - NO SCHOOL
PRESIDENTS DAY – NO SCHOOL
HAPPY VALENTINE'S DAY FEB 14TH