

February 2018 Menu K-12 Buchanan County Public School

Equal Opportunity & Provider

Menus are subject to change.



Monday, February 5

Lunch
Choose 1
Ham/Cheese
Grilled Cheese
(Tomato/Veg Soup)
Choose 1 or 2
Steamed Broccoli
Carrots
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Dressings
Mayo
Ketchup

Tuesday, February 6

Lunch
Choose 1:
Rotini w/Breadstick
Chicken Fryz
Choose 1 or 2:
Tossed Salad or
Corn
Choose 1:
Fresh Fruit or Canned
Fruit
Choose 1:
Assorted Milk
Condiments:
Salad Dressings,
BBQ Sauce, Honey,
Ketchup

Wednesday, February 7

Lunch
Choose 1
Chicken Nuggets
Meatloaf w/Roll
Choose 1 or 2
Mashed Potatoes
Green Beans
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
BBQ Sauce
Ketchup
Honey

Thursday, February 8

Lunch
Choose 1
Hamburger/Bun
BBQ Chicken/Bun
(Lett/Tom/Pickle)
Choose 1 or 2
Baked French Fries
Vegetarian Beans
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Mayo
Mustard
Ketchup

Friday, February 9

Lunch
Choose 1
Chicken Alfredo
Corndogs
Choose 1 or 2
Vegetable Medley
Cherry/Sliced Tomatoes
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Mustard
Ketchup
Ranch Dressing

Thursday, February 1

Lunch
Choose 1
Hotdog/Bun
BBQ Chicken/Bun
Choose 1 or 2
Swt Potato Fries
Raw Broccoli
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Choose 1
Choc. Chip Cookie
Condiments
Ketchup
Mustard

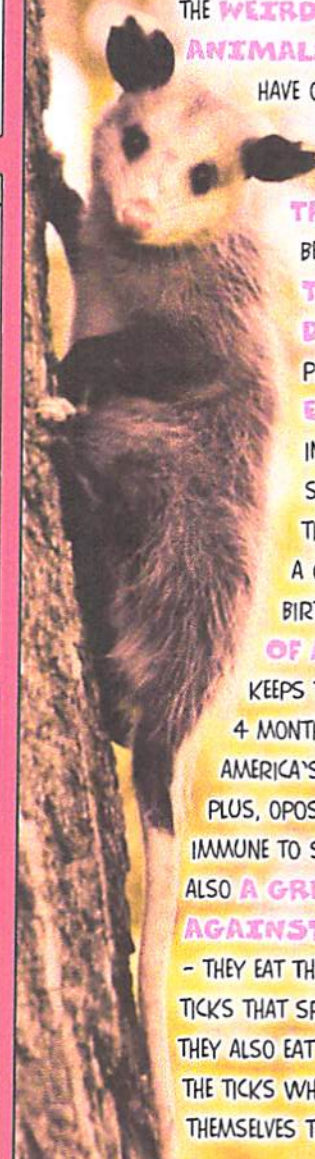
Friday, February 2

Lunch
Choose 1
Pizza
Grilled Cheese
Choose 1 or 2
Tossed Side Salad
Green Beans
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Dressings
Marinara Sauce

STRANGE

BUT TRUE!

UNLIKE THE GROUNDHOG, THE OPOSSUM DOESN'T GET ITS VERY OWN DAY. **BUT MAYBE IT SHOULD.** BECAUSE THE OPOSSUM IS TRULY ONE OF THE **WEIRDEST AND COOLEST ANIMALS** AROUND! LIKE US, THEY HAVE OPPOSABLE THUMBS FOR GRASPING - EXCEPT THEY HAVE THEM **ON**



THEIR FEET! THEY'VE BEEN AROUND SINCE **THE TIME OF THE DINOSAURS,** PROBABLY BECAUSE THEY'LL **EAT ANYTHING,** INCLUDING SNAILS AND SLUGS AND BEETLES, SO THEY'RE GREAT TO HAVE IN A GARDEN. THE FEMALE GIVES BIRTH TO BABIES THE **SIZE OF A HONEYBEE** AND

KEEPS THEM IN HER POUCH FOR 4 MONTHS, MAKING HER NORTH AMERICA'S ONLY NATIVE MARSUPIAL. PLUS, OPOSSUMS ARE TOTALLY IMMUNE TO SNAKE VENOM, AND THEY'RE ALSO **A GREAT FIGHTER AGAINST LYME DISEASE** - THEY EAT THE MICE THAT CARRY THE TICKS THAT SPREAD THE DISEASE AND THEY ALSO EAT **THOUSANDS** OF THE TICKS WHILE GROOMING THEMSELVES THROUGHOUT THE YEAR.

MELTING AWAY.



Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.

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



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

FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH
Want to know more? Search for "Frederick Douglass" on-line.

Monday, February 12

Lunch
Choose 1

Hotdog/Bun
Meatball Sub/Bun
Choose 1 or 2
Swt Potato Fries
Raw Broccoli
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Choose 1
Choc Chip Cookie
Condiments
Ketchup, Mustard
Ranch Dressing

Tuesday, February 13

Lunch
Choose 1

Chicken Fajita on Soft
Tortilla, Taco Salad
Tortilla Chips
(Lett/Tom/Cheese)
Choose 1 or 2
Pinto Beans
Salsa
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Taco Sauce

Wed., February 14

Lunch
Choose 1

Spaghetti w/breadstick
Grilled Chicken/Bun
(Lett/Tom/Pickle)
Choose 1 or 2
Tossed Side Salad
Carrots
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Mayo, Mustard
Ketchup
Salad Dressings

Thursday, February 15

Lunch
Choose 1

Baked Ham
Salisbury Steak
w/Roll
Choose 1 or 2
Mashed Potatoes
Green Beans
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Gravy

Friday, February 16

Lunch
Choose 1

Fish/Bun
Hamburger/Bun
(Lett/Tom/Pickle)
Choose 1 or 2
Baked Fries
Celery Sticks
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Mayo, Mustard
Ketchup, Ranch Dressing
Tartar Sauce

Monday, February 19

Lunch
Choose 1

Chicken Patty/Bun
Pork Rib/ Bun
Choose 1 or 2
Sweet Potato Fries
Coleslaw
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Ketchup, Mayo,
Mustard
BBQ Sauce

Tuesday, February 20

Lunch
Choose 1

Pizza
Chicken Noodle Soup
w/Grilled Cheese Sand
Choose 1 or 2
Tossed Side Salad
Corn
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Dressings

Wed., February 21

Lunch
Choose 1

Sloppy Joe/Bun
Hamburger/Bun
(Lett/Tom/Pickle)
Choose 1 or 2
Baked French Fries
Steamed Broccoli
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Ketchup, Mayo
Mustard

Thursday, February 22

Lunch
Choose 1

Gravy & Biscuit
Eggs/Sausage
Choose 1 or 2
Potato Roundabouts
Cherry/Sliced Tomatoes
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Ketchup Ranch
Dressings

Friday, February 23

Lunch
Choose 1

Mini Corndogs
Mac/Cheese
w/Breadstick
Choose 1 or 2
Carrots
Pinto Beans
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Mustard, Ketchup

Monday, February 26

Lunch
Choose 1

Chicken Patty/Bun
Chili Beans
w/Breadstick
Choose 1 or 2
Coleslaw
Corn
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Mayo, Mustard
Ketchup

Tuesday, February 27

Lunch
Choose 1

Chicken Fajita on Soft
Tortilla, Taco Salad
Tortilla Chips
(Lett/Tom/Cheese)
Choose 1 or 2
Pinto Beans
Salsa
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
Taco Sauce

Wed., February 28

Lunch
Choose 1

Chicken Nuggets
Fish Sandwich
Fish Nuggets
Choose 1 or 2
Baked Potato
Baked Beans
Choose 1
Fresh or Canned Fruit
Choose 1
Assorted Milk
Condiments
BBQ Sauce
Ketchup Honey
Tartar Sauce

YEAR OF THE DOG
2018

The Chinese
New Year
begins with
the new
moon on
February 16.
2018 is the
year of the
Dog.



PORTRAITS OF
SPECTACULAR
Athletes



Winter Olympics
February 9-25
PyeongChang,
South Korea



Photo by Brett Wilhelm/ESPN

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

CHLOE KIM

NUTRITION TOGO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

A QUICK BITE FOR PARENTS