

**GROUNDHOG
DAY
FEBRUARY
2ND**



MENUS FOR FEBRUARY 2022

**Monte Vista
School District**

This institution is an equal
opportunity provider.
Menus are subject to
change.

Tuesday, February 1

Breakfast
Biscuit & Sausage
Fruit

Lunch
Sloppy Joes
Oven Baked Fries
Fruit
Pickle Spear

Wednesday, February 2

Breakfast
Muffins
String Cheese
Juice

Lunch
Chicken Nuggets
Mashed Potatoes
White Gravy
Green Beans
Fruit, Roll
Roll

Thursday, February 3

Breakfast
UBR Bar
Fruit

Lunch
Tomato Soup
Grilled Cheese
California Veggies
Fruit

**STRANGE
BUT TRUE!**



THE KEA BIRD OF NEW ZEALAND IS WEIRD ON
SO MANY LEVELS! THE KEA IS AN **ALPINE
PARROT** - IT ACTUALLY PREFERENCES SKI
RESORTS TO BEACHES AND JUNGLES! AND WHILE
PEOPLE ARE SPENDING THE DAY SKIING, THE KEA
BIRDS SOMETIMES LIKE TO **ATTACK THE
SKIERS' PARKED CARS** AND
CHOW DOWN ON THE RUBBER
FROM AROUND THE CAR WINDOWS!

Monday, February 7

Breakfast
Cereal
Fruit

Lunch
Chicken Fajitas
Spanish Rice
Corn
Fruit

Tuesday, February 8

Breakfast
Pancakes
Sausage
Fruit

Lunch
Spaghetti
Broccoli
Fruit
Bread Stick

Wednesday, February 9

Breakfast
Go-Gurt
Tiger Bites
Juice

Lunch
Beef Taco
Pinto Beans
Peas
Fruit

Thursday, February 10

Breakfast
Bagels & Cream
Cheese
Fruit

Lunch
Pizza
Salad
Fruit

**HAPPY
VALENTINE'S DAY!**



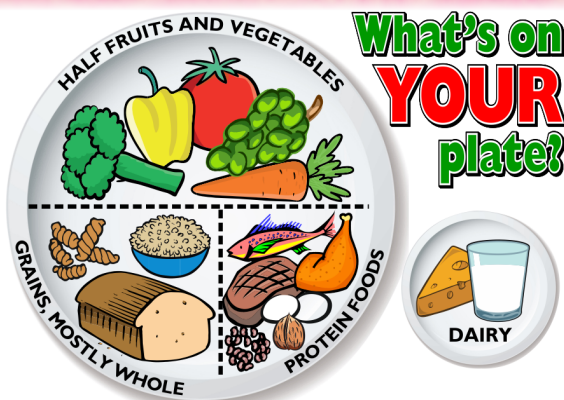
FEBRUARY 14



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

Available

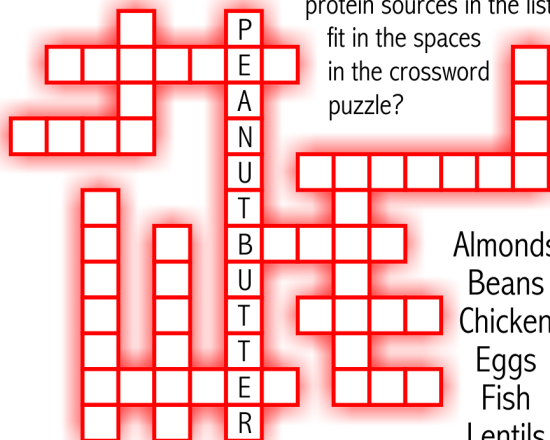
1% White Milk
Fat Free White Milk
Fat Free Chocolate
Milk



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt

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

Monday, February 14

Breakfast

Cereal
Fruit

Lunch

Chicken Enchilada
Peas
Fruit

Tuesday, February 15

Breakfast

Breakfast Burrito
Juice

Lunch

Posole
Tortilla
Corn
Fruit

Wednesday, February 16

Breakfast

PB&J
Fruit

Lunch

Southwest
Sandwich
Carrots / Celery
Fruit

Thursday, February 17

Breakfast

Breakfast Bar
Juice

Lunch

Hamburger
French Fries
Fruit

Monday, February 21

Presidents' Day



*No School
Monday, Feb. 21*

Tuesday, February 22

Breakfast

Cereal
Fruit

Lunch

Lasagna
Green Beans
Fruit
Bread Stick

Wednesday, February 23

Breakfast

Churro
Sausage
Juice

Lunch

Chicken Sandwich
Sun Chips
Carrot Coins
Fruit

Thursday, February 24

Breakfast

UBR Bar
Fruit

Lunch

Pizza
Salad
Fruit

Monday, February 28

Breakfast

Cereal
Fruit

Lunch

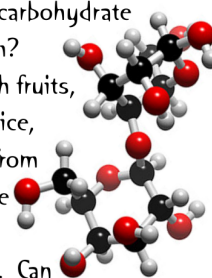
Pulled Pork
Sandwich
Mac & Cheese
Peas & Carrots
Fruit

Happy Valentine's Day!



THE SIMPLE TRUTH.

This is a model for a complex carbohydrate molecule. Pretty complex, huh? "Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory. Can you guess which ones are healthier for you?



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