

Menus for February 2020

Chenango Forks Elementary School

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



Weekly Salads:

2/3-2/7: Popcorn Chicken Salad
2/10-2/14: Turkey Bacon Ranch
2/24-2/28: Chef Salad

All salads served w/Garlic Croutons

*All options served w/same fruit and vegetable of the day

*100% Juice available daily at lunch

Daily Breakfast Options:

Student's must select 1 Fruit and/or Juice (pick one or two)
Cereal and/or Muffin Top (pick one or two)

Available Daily

Weekly Sandwiches:

Mon: Turkey/Cheese
Tue: Ham/Cheese
Wed: Turkey/Cheese
Thurs: Ham/Cheese
Fri: Tuna Fish

Served Daily:

Yogurt Meal
4 oz. yogurt, string cheese
Served with:
Homemade Granola
PB & Jelly Sandwich

Milk Choices:

Unflavored—1% & Fat Free
Chocolate— 1%

Monday, February 3

Breakfast

Frudel
Assorted Fruit
Low Fat Milk

Lunch

Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Fresh Apple
Low Fat Milk

Tuesday, February 4

Breakfast

Breakfast Breads
Assorted Fruit
Low Fat Milk

Lunch

Fruit & Yogurt Parfait
Mozzarella String
Cheese
Scooby Grahams w/
Chocolate Hummus
Veggie Cruncher Cup
w/Dip
Chilled Peaches
Low Fat Milk

Wednesday, February 5

Breakfast

Bagel Breakfast Pizza
Assorted Fruit
Low Fat Milk

Lunch

Brunch at Lunch!
French Toast Sticks
Sausage Patty
Potato Puffs
Fresh Orange
Low Fat Milk

Thursday, February 6

Breakfast

Ultimate Breakfast
Round & Yogurt
Assorted Fruit
Low Fat Milk

Lunch

NY Thursday!
Southwest Chicken
Chili
NY Baked French
Fries
Corn Muffin
NY Peach Cup
Low Fat Milk

Friday, February 7

Breakfast

Breakfast Sandwich on
English Muffin
Assorted Fruit
Low Fat Milk

Lunch

Plain or Garlic French
Bread Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Low Fat Milk

Monday, February 10

Breakfast

Mini Pancakes
Assorted Fruit
Low Fat Milk

Lunch

Cheeseburger on a
Bun
w/Lettuce & Tomato
Sweet Potato Fries
Green Beans
Fresh Apple
Low Fat Milk

Tuesday, February 11

Breakfast

Cinnamon Bun &
Yogurt
Assorted Fruit
Low Fat Milk

Lunch

Taco Salad
w/Assorted Toppings
Seasoned Rice
Corn
Chilled Mixed Fruit
Low Fat Milk

Wednesday, February 12

Breakfast

Homemade Breakfast
Pizza or Bacon
Scramble
Assorted Fruit
Low Fat Milk

Lunch

Lupo's Chicken
Spiedie Sub
Harvest Cheddar Sun
Chip Mix
Veggie Cruncher Cup
w/Hummus & Dip
Fresh Banana
Low Fat Milk

Thursday, February 13

Breakfast

French Toast Sticks
w/Syrup
Assorted Fruit
Low Fat Milk

Lunch

Chicken Mac &
Cheese
Biscuit
Steamed Broccoli
Chilled Mixed Fruit
Low Fat Milk

Friday, February 14

Breakfast

Breakfast Croissant
Sandwich
Assorted Fruit
Low Fat Milk

Lunch

Breaded Mozzarella
Sticks w/Dipping
Sauce
Side of Pasta w/Sauce
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Low Fat Milk

mySchoolBucks®



Breakfast

Lunch

\$1.60

\$2.70

Go to: mySchoolBucks.com

FEBRUARY FARM TO SCHOOL HIGHLIGHT



ON FEBRUARY 6TH, OUR NY THURSDAY MEAL WILL BE SOUTHWEST CHICKEN CHILI FEATURING LOCAL BUTTERNUT SQUASH, A BAKED POTATO, AND LOCAL FRUIT CUP ON THE SIDE.

ON FEBRUARY 20TH, OUR NY THURSDAY MEAL WILL FEATURE A LOCAL ALL-BEEF NO-NITRATE HOT DOG, WITH A SIDE OF GREEN BEANS, NY POTATO CHIPS, AND ABC SALAD ON THE SIDE.

LET'S SUPPORT OUR LOCAL FOOD SYSTEM TOGETHER!



Monday, February 17



NO SCHOOL TODAY

Tuesday, February 18

Mid-Term Recess

No School Today!

Wednesday, February 19

Mid-Term Recess

No School Today!

Thursday, February 20

Mid-Term Recess

No School Today!

Friday, February 21

Mid-Term Recess

No School Today!

Monday, February 24

Breakfast

Mini Pancakes
Assorted Fruit
Low Fat Milk

Lunch

Chicken Patty on a Bun
Sweet Potato Crinkle Fries
Mixed Vegetable Fresh Apple
Low Fat Milk

Tuesday, February 25

Breakfast

Cinnamon Bun & Yogurt
Assorted Fruit
Low Fat Milk

Lunch

Tacos on a Shell w/Assorted Toppings
Seasoned Rice
Corn
Chilled Applesauce
Low Fat Milk

Wednesday, February 26

Breakfast

Homemade Breakfast
Pizza or Bacon Scramble
Assorted Fruit
Low Fat Milk

Lunch

Cheese Ravioli w/Sauce or Breaded
Fish Sandwich
Garlic Breadstick
Veggie Cruncher Cup w/Hummus & Dip
Fresh Banana
Low Fat Milk

Thursday, February 27

Breakfast

French Toast Sticks w/Syrup
Assorted Fruit
Low Fat Milk

Lunch

NY Thursday Indoor Picnic!
Hot Dog on a Bun
NY Potato Chips
Green Beans
ABC Salad
Low Fat Milk
Pudding Dirt Cup

Friday, February 28

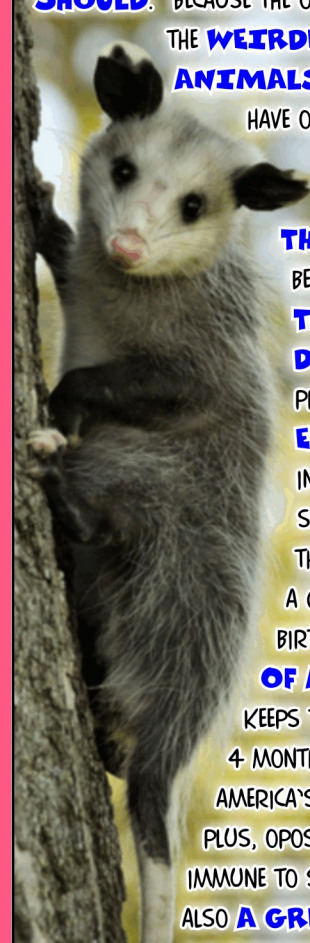
Breakfast

Breakfast Croissant Sandwich
Assorted Fruit
Low Fat Milk

Lunch

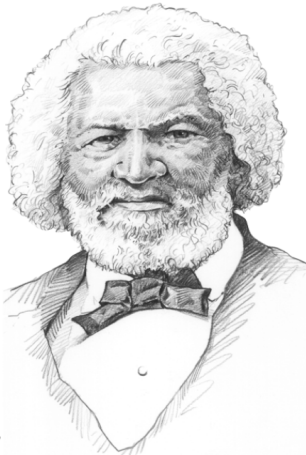
Stuffed Crust Pizza
Garden Salad w/Chickpeas
Assorted Fresh Fruit
Low Fat Milk

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**



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.

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!

