

Menus for February 2020

Linnaeus W. West

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



Weekly Wednesday Salads

- 2/5: Popcorn Chicken Salad
- 2/12: Turkey Bacon Ranch
- 2/19: Marinated Chicken Salad
- 2/26: Chef Salad

*All salads served with Garlic Croutons

Available Daily

Weekly Sandwiches:

- Mon:** Turkey/Cheese
 - Tue:** Ham/Cheese
 - Wed:** Turkey/Cheese
 - Thurs:** Ham/Cheese
 - Fri:** Turkey/Cheese
- Served on Sliced Bread

Served Daily:

- Yogurt Meal
- 4 oz. yogurt, string cheese
- Served with Granola
- PB & Jelly Uncrustable Meal
- Turkey or Ham & Cheese on a Kaiser

All options served with same fruit & vegetable of the day

100% Juice available Wednesday & Friday

Our website: www.uetigersfs.org

Milk Choices: 1% Chocolate, 1% White, Skim White, Skim Strawberry

Monday, February 3

Breakfast

- Apple Frudel or Cereal/Muffin Top
- Chilled Fruit/Juice
- Low Fat Milk

Lunch

- Popcorn Chicken
- Mashed Potatoes
- Glazed Carrots
- Fresh Apple
- Low Fat Milk

Tuesday, February 4

Breakfast

- Banana Breakfast Bread or Cereal/Muffin Top
- Chilled Fruit/Juice
- Low Fat Milk

Lunch

- K-5:** Fruit/Yogurt Parfait/String Cheese
- Scooby Grahams/Veggie Cup/Peaches
- 6-12:** Tangerine Breaded Chicken
- NY Veggie Egg Roll
- Rice/Broccoli/Milk

Wednesday, February 5

Breakfast

- Bagel Breakfast Pizza Or Cereal/Muffin Top
- Chilled Fruit/Juice
- 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 or Cereal/Muffin Top
- Chilled Fruit/Juice
- 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

- Sausage, Egg & Cheese on English Muffin
- Or Cereal/Muffin Top
- Chilled Fruit/Juice
- Low Fat Milk

Lunch

- Assorted French Bread Pizza
- Garden Salad w/Chickpeas
- Assorted Fresh Fruit
- Low Fat Milk

Monday, February 10

Breakfast

- Mini Pancakes or Cereal/Muffin Top
- Chilled Fruit/Juice
- 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 or Cereal/Muffin Top
- Chilled Fruit/Juice
- Low Fat Milk

Lunch

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

Wednesday, February 12

Breakfast

- Breakfast Pizza or Cereal/Muffin Top
- Chilled Fruit/Juice
- 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 or Cereal/Muffin Top
- Chilled Fruit/Juice
- 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

Friday, February 14

Mid-Term Recess

No School Today!

mySchoolBucks



Breakfast

Lunch

FREE

FREE

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

Breakfast

Cinnamon Breakfast Bread or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

Chicken Nuggets w/Dipping Sauce Wheat Dinner Roll Mashed Potatoes Glazed Carrots Fresh Apple Low Fat Milk

Wednesday, February 19

Breakfast

Bagel Breakfast Pizza Or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

Grilled Cheese Sandwich Tomato Soup Fresh Cucumbers w/ Dip Fresh Orange Low Fat Milk

Thursday, February 20

Breakfast

Ultimate Breakfast Round & Yogurt or Cereal/Muffin Top Chilled Fruit/Juice 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 21

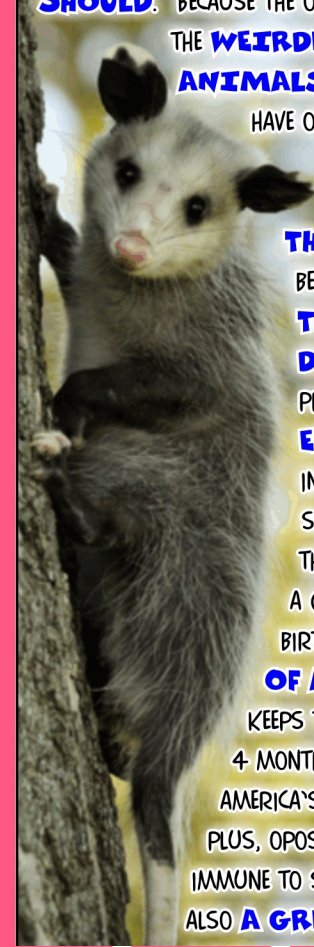
Breakfast

Sausage, Egg & Cheese on English Muffin Or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

Homemade Cheese 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**



Monday, February 24

Breakfast

Mini Pancakes or Cereal/Muffin Top Chilled Fruit/Juice 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 or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Wednesday, February 26

Breakfast

Breakfast Pizza or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Thursday, February 27

Breakfast

French Toast Sticks w/Syrup or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Friday, February 28

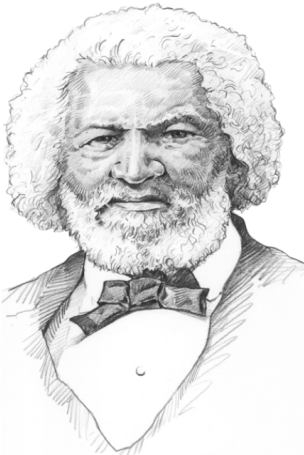
Breakfast

Sausage, Egg & Cheese on Croissant Or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

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!

