

Menus for February 2020

**Carl E. Adams
Elementary**

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



Available Daily

Mon., Wed., Fri. Salads:
 2/3-2/7: Popcorn Chicken Salad
 2/10-2/13: Turkey Bacon Ranch
 2/18-2/21: Marinated Chicken Salad
 2/24-2/28: Chef Salad

Weekly Sandwiches:
 Mon: Turkey/Cheese
 Tue: Ham/Cheese
 Wed: Turkey/Cheese
 Thurs: Ham/Cheese
 Fri: Turkey/Cheese

Served Daily:
 Yogurt Parfait Meal—yogurt, string cheese
 Served with Soft Pretzel
 PB & Jelly Sandwich

Milk Choices:
 Unflavored—1% & Fat Free
 Chocolate—1%

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)

*All salads served w/Garlic Croutons
 *All options served w/same fruit and vegetable of the day
 *100% Juice available daily at Lunch

See Pre-K USDA Regulations

Monday, February 3

Breakfast
 Breakfast Breaks
 Assorted Fruit
 Low Fat Milk

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

Tuesday, February 4

Breakfast
 Breakfast Bagel or
 Breakfast Breaks
 Assorted Fruit
 Low Fat Milk

Lunch
 Tangerine Breaded
 Chicken
 NY Veggie Egg Roll
 Seasoned Brown Rice
 Steamed Broccoli
 Baby Carrots w/
 Hummus & Dip
 Chilled Peaches
 Low Fat Milk

Wednesday, February 5

Breakfast
 Breakfast Breaks
 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
 Mini Pancakes or
 Breakfast Breaks
 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 Breaks
 Assorted Fruit
 Low Fat Milk

Lunch
 Nardone's Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Low Fat Milk

- Pre-K Meals in Classroom USDA Regulations**
- Only Skim Milk or 1% Unflavored Milk offered
 - Juice offered only at Breakfast
 - No Taco Chips—Flour tacos will be offered
 - No Hot Dogs—alternate meal will be offered

mySchoolBucks™

Breakfast  Lunch

FREE **\$2.70**

Go to: mySchoolBucks.com

Monday, February 10

Breakfast
 Breakfast Breaks
 Assorted Fruit
 Low Fat Milk

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

Tuesday, February 11

Breakfast
 Ultimate Breakfast
 Round w/Trix Yogurt
 Or Breakfast Breaks
 Assorted Fruit
 Low Fat Milk

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

Wednesday, February 12

Breakfast
 Breakfast Breaks
 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
 Breakfast Sandwich or
 Breakfast Breaks
 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

Friday, February 14

*Mid-Term
Recess*

*No School
Today!*

**FEBRUARY FARM TO SCHOOL
HIGHLIGHT**

 **NY THURSDAYS**

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

Breakfast Scramble or Breakfast Breaks Assorted Fruit 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

Breakfast Breaks Assorted Fruit Low Fat Milk

Lunch

Grilled Cheese Sandwich Tomato Soup Fresh Cucumbers Fresh Orange Low Fat Milk

Thursday, February 20

Breakfast

Mini Waffles or Breakfast Breaks 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 21

Breakfast

Breakfast Breaks Assorted Fruit Low Fat Milk

Lunch

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

Monday, February 24

Breakfast

Breakfast Breaks Assorted Fruit Low Fat Milk

Lunch

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

Tuesday, February 25

Breakfast

Banana or Cinnamon Bread or Breakfast Breaks 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

Breakfast Breaks Assorted Fruit 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

Chicken Croissant Sandwich or Breakfast Breaks Assorted Fruit Low Fat Milk

Lunch

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

Friday, February 28

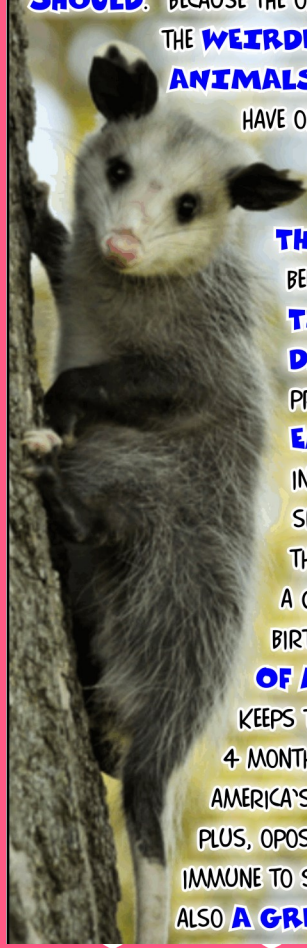
Breakfast

Breakfast Breaks Assorted Fruit Low Fat Milk

Lunch

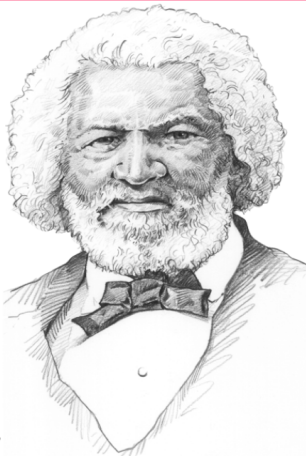
Stuffed Crust Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit Low Fat Milk

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 OPOSSABLE 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!

