

Fruit of Love



Strawberries are a sweet and thoughtful way to show you care this Valentine's Day! Whether you dip them in rich chocolate or create a beautiful bouquet shaped like roses (after all, they belong to the rose family!), these berries are the perfect symbol of love.

Did you know?

- Strawberries are the only fruit that have their seeds on the outside, with around 20 seeds on each berry!
- Just eight strawberries provide 140% of the daily recommended Vitamin C for kids!
- But that's not all—eating just eight strawberries a day can help:
 - »Strengthen your heart
 - »Lower blood pressure
 - »Combat swelling and inflammation
 - »Boost brain function
 - »Reduce the risk of cancer
- Centuries ago, Native Americans introduced strawberries to early settlers, blending them with cornmeal to make bread. This eventually evolved into the beloved Strawberry Shortcake we enjoy today!

Who knew strawberries could be so fascinating?



FEBRUARY

Damon

A choice of milk will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert	4 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	5 Soup and Sandwich Tossed Salad Choice of Chips Cucumber Salad Fruit	6 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	7 Chicken Sandwich Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
10 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Vegetables Fruit Cup	11 Frito Pie or Crispitos Pinto Beans Lettuce & Tomatoes Spanish Rice Homemade Salsa Fruit Cup	12 Asian Bowl with Fried Rice or Popcorn Chicken Broccoli Normandy Steamed Baby Carrots Fruit Salad	13 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Steamed Vegetables Peach Crisp	14 ENJOY YOUR DAY OFF!
17 ENJOY YOUR DAY OFF!	18 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	19 Chicken & Dumplings with Hot Roll or Cheese Stick w/ Marinara Steamed Baby Carrots Seasoned Mixed Vegetables Fluffy Fruit Salad	20 Country Bowl or Country Bucket Hot Roll Seasoned Vegetable Fruit Cup	21 Grab N' Go Sack Lunch
24 Chicken Spaghetti with Breadsticks or Choice of Pizza Seasoned Vegetables Glazed Carrots Fruit Cup	25 Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Orange Smiles	26 Soup and Sandwich Tossed Salad Choice of Chips Lettuce, Pickles, and Tomatoes Cucumber Salad Fruit	27 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	28 Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 2/3 & 2/17	Breakfast on Bun	Pancakes	Breakfast Taco	Biscuits & Gravy	Donut Holes
Week of 2/10 & 2/24	Pancake Wrap	Breakfast Pizza	Breakfast Bowl	Ham & Cheese Croissant	Yogurt Partfait & Muffin