



2018 February



Join us for BREAKFAST, served 7:45-8:10 am Choices may include: oatmeal, breakfast sandwich, cereal					FFVP Focus
All meals are served with 1% or non-fat ice-cold milk					
Monday	Tuesday	Wednesday ** Early Release	Thursday	Friday	
January 29	30	31	February 1	2	Broccoli
Baked Potato w/ Cheese & Broccoli, Pretzel Stick, Sliced Apple	Mrs. Tomasa's Tuna Salad with Chips, Beans, Grapefruit Slices	Buffalo Chicken, Fluffy Rice, Super Salad, Fruit Bites	Hamburger on Bun, Veggie Dippers, Grape Buddies	Home-style Macaroni & Cheese, Roll, Garden Salad, Citrus Smiles	
5	6	7	8	9	Pichuberry
Chicken Teriyaki Bowl w/ Rice & Mixed Veggies, Orange Smiles	Bean & Cheese Burrito, Lettuce & Tomato, Apple Slices	Turkey & Cheese Sandwich, Corn, Carrots, Fruit Medley	Local Microgreen Super Salad, Breadstick, Banana	Meaty Pasta & Sauce, Veggie Dippers, Grape Buddies	
12	13	 AZ Statehood Day	15	16	Rainbow Cauliflower
Tuna & Noodle Dish, Garden Salad, Crunchy Apple	Mrs. Tomasa's Frijoles Charros Soup, Tortilla, Tangy Tangelos	Ham Sandwich, Local Garden Fresh Salad, AZ Citrus Wedges	Corn Dog, Zesty Red Rice, Veggie Dippers, Grapes	Breakfast for Lunch Pancakes, Hashbrowns, Sausage, Fruit Mix	
19	20	21	22	23	French Breakfast Radish
President's Day No School	Enchiladas, Lettuce & Tomato, Pinto Beans, Apples	PBJ Power lunch, Garden Salad, Banana Smiles	Cottage Pie, Buttery Biscuit, Fruit Medley	Chicken Tenders, Fluffy Red Rice, Steamed Broccoli, Clementines	
26	27	28	March 1	2	Heart-Healthy Berries
French Bread Pizza, Super Salad, Pears	Meaty Soft Taco, Lettuce & Tomato, Beans, Orange Smiles	Soup, Salad & Sandwich, Carrots, Sweet Apples	Chicken Chop Suey, Rice, Mixed Veggies, Grapes	Cheesy Hamburger on Bun, Potato Salad, Fruit Mix	

February is
"Hot Breakfast" month!

Get a healthy start to your day with both Hot & Cold Breakfast Favorites
Served 7:45 - 8:10 a.m.



Celebrate Heart-Health Month

Small changes make a big impact:

- * Flavor food with spices to use less salt
- * Add a little more exercise each day
- * Switch one sugary snack or dessert with a fruit each day

This institution is an equal opportunity provider. *Esta institución es un proveedor que ofrece igualdad de oportunidades.*
Food items are subject to availability.

Stay heart-healthy
with LOTS of Fruit!

FRUIT JUMBLE COUNTING

Decorate the fruit with Crayola® Colored Pencils. Count the number of bananas, grapes, blueberries, cherries, and strawberries. Write the numbers in the boxes below.



Bananas



Grapes



Blueberries



Cherries



Strawberries

