









# FEBRUARY

## 2019



Monday	Tuesday	Wednesday	Thursday	Friday	FFVP Focus
 <p><b>** All Meals Are Served with 1% or Non-Fat Milk</b></p> <p><b>February is Heart Health Month!</b> Did you know that eating lots of fruits and veggies helps keep your ♥ healthy?</p>				1	<b>Radish</b>
				Bagel & Cream Cheese  Teriyaki Chicken, Brown rice, StirFry Vegetables and Grape Buddies	
4	5	6	7	8	<b>Romanesco</b>
Yogurt & Granola  Chicken tenders Romaine Salad, Roasted Broccoli, Tangerines	Muffin  Green Chicken Enchilada, Spinach Salad Refried beans, Green Grapes	Scrambled Eggs  Ham & Cheese Sandwich, Veggie Stix W/ Peanut butter, Watermelon	UBR Bar  Spaghetti W/ Meatballs, Bread Stick, Garden Salad, Apple Moons	Bagel-ful  Ms. Roxanna's Rockin Tuna Salad, Chips Spring Mix, Red Grapes	
11	12	13	14- AZ Statehood Day	15 <b>No School</b>	<b>Rainbow Cauliflower</b>
Waffles & Sausage  Cheesy macaroni W/dinner roll, Roasted Broccoli and Cauliflower, Orange you Glad	Breakfast Sandwich  Chicken fajitas, Chips, Grilled Corn, Pinto Beans, Rolling Grapes	Cherry Frudel  Turkey & Cheese Sandwich, Veggie Sticks, Apple Moons	Bagel  Ms. Chicken Patty, AZ-fresh Garden Salad, Phoenix Cabbage Slaw, Sunshine Citrus Smiles		
18 <b>No School</b>	19	20	21	22	<b>Tangelo</b>
	Yogurt & Granola  Chicken Taquitos, Refried Beans, Romaine salad, Mild Salsa, Watermelon	Muffin  Ham Torta W/ Lettuce and Tomato Chips, Spring Salad, Apple Moons	Scrambled Egg  Orange Chicken W/Brown Rice, Stirfry blend and fresh salad, Orange smiles	UBR Bar  Cheesy Pizza, Garden Salad, Veggie Sticks, Cantaloupe	
25	26	27	28	1	<b>Grape Fruit</b>
Bagel-ful  Alfredo W/breadstick, Roasted zucchini and garden salad, Apple Smiles	Pancakes/Sausage  Cheesy Quesadilla Refried Beans, Spinach Salad, Grape Buddies	Breakfast Sandwich  Happy Burgers Veggie stix, Orange Smiles, Spring Salad	Apple Frudel  Meatball sub, Garden Salad, Roasted Veggies, Apple Moons	Bagel/Cream Cheese  All Star Corn Dog, Potato Salad, Veggie Sticks, Orange Smiles	



**Celebrating Arizona's Delicious Local Harvest: Carrots, Cauliflower, and Citrus, oh my!**

Hard-working farmers provide a colorful variety of healthy food for families in Arizona and across the country. Citrus is one of our state's big crops, along with leafy greens and other important veggies.

Look for the Arizona Grown label & Eat FRESH, Eat LOCAL!

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