



GOD IS LOVE!



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MvPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Buffalo Wings & Rings 1
 Cheeseburger Slider
 Potato Wedges
 Fruit
 Cookie

Fire Thai Fusion 2
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Tijuana Flats 5
 Chicken Burrito
 W/Refried Beans,
 Rice & Cheese
 Chips
 Fruit & Dessert

Julie's Southern Joy 6
 Chicken Tenders
 Mashed Potatoes w/
 Gravy
 Corn

Firehouse Subs 7
 Ham & Cheese Sub
 Chips
 Fruit
 Cookie

Chick-Fil-A 8
 Chick-Fil-A
 Sandwich
 Chips
 Fresh Fruit
 Dessert

Fire Thai Fusion 9
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Zaxby's 12
 Chicken Tenders
 Chips
 Fruit
 Dessert

Fazoli's 13
 Spaghetti with Meat
 Sauce
 Salad
 Breadsticks

**Valentine's Day
Bamboo** 14
 Grilled Chicken w/
 Teriyaki Sauce
 Fried Rice, Veggies &
 Spring Roll

Buffalo Wings & Rings 15
 Cheeseburger Slider
 Potato Wedges
 Fruit
 Cookie

Fire Thai Fusion 16
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

**Presidents' Day
Holiday – No
School** 19

Julie's Southern Joy 20
 Cheesy Mac&Cheese
 Ham
 Green Beans
 Apple Sauce

Firehouse Subs 21
 Ham & Cheese Sub
 Chips
 Fruit
 Cookie

Chick-Fil-A 22
 Chick-Fil-A
 Sandwich
 Chips
 Fresh Fruit
 Dessert

Fire Thai Fusion 23
 Cheese or Pepperoni
 Pizza
 Salad
 Fruit
 Dessert

Zaxby's 26
 Chicken Tenders
 Chips
 Fruit
 Dessert

Fazoli's 27
 Fettuccini with
 Alfredo Sauce
 Breadsticks
 Desert

Bamboo 28
 Grilled Chicken w/
 Teriyaki Sauce
 Fried Rice
 Veggies
 Spring Roll

Buffalo Wings & Rings 29
 Cheeseburger Slider
 Potato Wedges
 Fruit
 Cookie

