

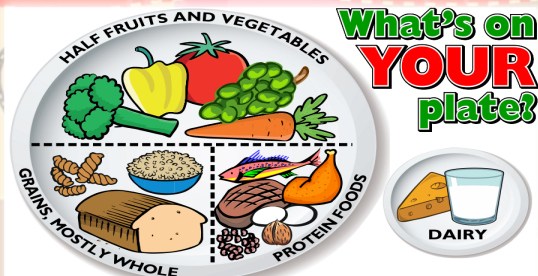
Menus for FEBRUARY 2023

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

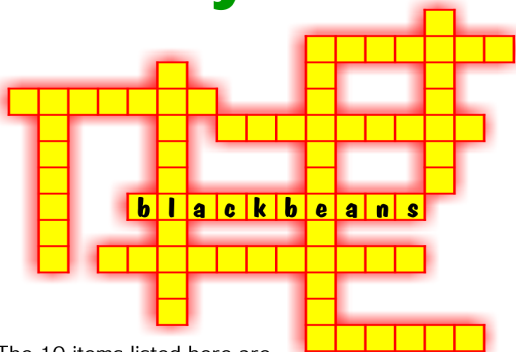


Happy Valentine's Day, February 14! Remember to shower the people you love with love! It's more important than ever, and you'll feel better, too!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



Can you fit in the "hearty" foods?



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates — and you should also try to fit them in to the crossword puzzle above!



Monday, February 6 WG Muffin Milk	Tuesday, February 7 Smart Snack Chips 100% Fruit Juice	Wednesday, February 8 WG Cereal Milk	Thursday, February 9 WG Elf Graham Crackers 100% Fruit Juice	Friday, February 10 Mini Chocolate Chip WG Cookies Milk
Monday, February 13 WG Muffin Milk	Tuesday, February 14 Smart Snack Chips 100% Fruit Juice	Wednesday, February 15 WG Cereal Milk	Thursday, February 16 Goldfish Crackers 100% Fruit Juice	Friday, February 17 Mini Chocolate Chip WG Cookies Milk
Wednesday, February 1 WG Cereal Milk	Thursday, February 2 Goldfish Crackers 100% Fruit Juice	Friday, February 3 Mini Chocolate Chip WG Cookies Milk		



WINTER BREAK

No School
Feb. 20-24

Classes Resume
Feb. 27

Monday, February 27 WG Muffin Milk	Tuesday, February 28 Smart Snack Chips 100% Fruit Juice	Wednesday, March 1 WG Cereal Milk	Thursday, March 2 WG Elf Graham Crackers 100% Fruit Juice	Friday, March 3 Mini Chocolate Chip WG Cookies Milk
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