

# K-8 LunchSmart Menu

## February 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spotlight Fruit of the Week:</b> Fresh Pears	<p>February is Black History Month. This event started as Negro History Week, a movement founded by scholar Dr. Carter G. Woodson and colleagues at the Association for the Study of Negro Life and History, in 1926. The purpose is to highlight the accomplishments of people of African descent. This month, we have included the favorite dishes of some notable people from cities our company serves including rock and roll pioneer Chuck Berry (St. Louis), entertainer and French Resistance agent Josephine Baker (St. Louis), former US President Barack Obama (Chicago), publisher John H. Johnson (Chicago), and poet and memoirist Maya Angelou (St. Louis).</p>			<p>February 1 Cheesy Beefy Macaroni* &amp; Honey Wheat Dinner Roll* Green Peas Applesauce</p>	<p>February 2 BBQ Chicken Brown Rice* Chuck Berry's Roast Sweet Potatoes Pears</p>
<b>Spotlight Fruit of the Week:</b> Grapes	<p>February 5 Popcorn Chicken Bowl with Mashed Potatoes &amp; Corn* &amp; Honey Wheat Dinner Roll* Peaches</p>	<p>February 6 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Mixed Fruit</p>	<p>February 7 Chicken Tenders* with Breadstick* Sliced Carrots Pineapple</p>	<p>February 8 Josephine Baker's Rotini* with Homemade Bolognese Sauce Broccoli Florets Applesauce</p>	<p>February 9 Bean &amp; Cheese Chalupa* with Garnish Cup &amp; Salsa Black Beans Pears</p>
<b>Spotlight Fruit of the Week:</b> Bananas	<p>February 12 Chipotle Chicken Wrap* Corn Peaches</p>	<p>February 13 Chicken &amp; Pasta* with Homemade Alfredo Sauce &amp; Garlic Bread* Capri Blend Veggies Mixed Fruit</p>	<p>February 14 Fish Fillet Sandwich* with Cheese &amp; Tartar Sauce Refried Beans Pineapple</p>	<p>February 15 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup &amp; Salsa Baby Carrots Applesauce</p>	<p>February 16 ½ DAY SACK LUNCH</p>
<b>Spotlight Fruit of the Week:</b> Fresh Pears	<p>February 19 PRESIDENTS DAY</p>	<p>February 20 President Barack Obama's Turkey Chili with Honey Corn Biscuit* Baby Carrots Mixed Fruit</p>	<p>February 21 Grilled Chicken Sandwich* with Lettuce &amp; Tomato California Blend Veggies Pineapple</p>	<p>February 22 Boneless Chicken Wings with BBQ Dipping Sauce John H. Johnson's Black-Eyed Peas Applesauce</p>	<p>February 23 Handcrafted Mac &amp; Cheese* &amp; Honey Wheat Dinner Roll* Green Peas Pears</p>
<b>Spotlight Fruit of the Week:</b> Grapes	<p>February 26 Maya Angelou's Oven-Roasted Chicken Drumstick with Handmade Spanish Rice* Green Beans Peaches</p>	<p>February 27 BBQ Chicken Sandwich on a Bun Corn Mixed Fruit</p>	<p>February 28 Chicken Corn Dog* Kettle-Baked Beans Pineapple</p>		

### Let's Give Everyone a (Clean) Hand

Did you know that hands are the single most important way all types of infections are transmitted? Hand washing with warm water and soap is one of the best ways to combat the problem. Lather up for about as long as it takes to sing "Happy Birthday" twice. Rinse well and dry with a clean or disposable towel or air dryer. Help to prevent the spread of germs that make you sick.

Available Each Day: Salad and Fresh Fruit / Sunbutter & Jelly Sandwich\* with a Yogurt Cup / Skim and 1% White Milk Plus Fat-Free Chocolate Milk

### Freshly Prepared Additional Entrées

Monday – All-American Cheeseburger on a Bun\* / Tuesday – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce  
Wednesday – Super Nachos\* & Salsa / Thursday – Breaded Chicken Sandwich\* / Friday – Pizza\* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

\*=Item contains whole grains / L=Locally sourced / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

Celebrate China with Ceres on February 16!