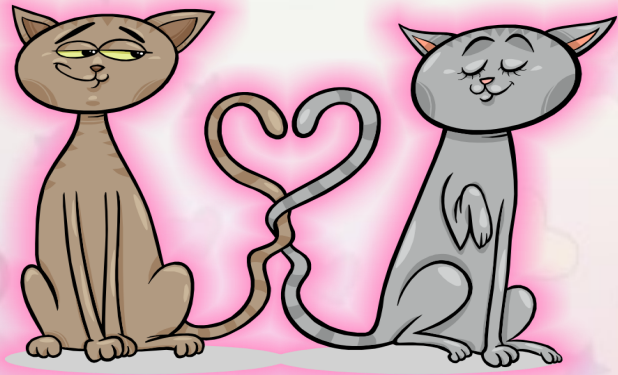


Menu for

Booker T Washington Academy



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

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!



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

Monday, February 3

BREAKFAST

RS Cinnamon Flakes, Graham Crackers, Applesauce, 100% Juice, Choice of Milk

LUNCH

Beef Taco, WG Flour Tortilla, Fiesta Corn, Pineapple Cup, Choice of Milk

Tuesday, February 4

BREAKFAST

Strawberry Banana Yogurt, Granola, Fresh Fruit, 100% Juice, Choice of Milk

LUNCH

Turkey & Gravy, WG Bread, Sweet Potatoes, Freas Fruit, Choice of Milk

Wednesday, Feb. 5

BREAKFAST

Frosted Flakes, Sunflower Kernels, Raisins, 100% Juice, Choice of Milk

LUNCH

Grilled Chicken, WG Rice, Beans, Fresh Fruit, Choice of Milk

Thursday, February 6

BREAKFAST

Bagel with Grape Jelly, Cheese Stick, Mixed Fruit Cup, 100% Juice, Choice of Milk

LUNCH

Meatballs w/WG Pasta, Tossed Salad, Pears, Choice of Milk

Friday, February 7

BREAKFAST

RS Trix, Grahams, Cinnamon Applesauce, 100% Juice, Choice of Milk

LUNCH

WG Pizza, Tossed Salad, Pineapple Cup, Choice of Milk

Monday, February 10

BREAKFAST

Honey Scooters, Cheese Stick, Raisins, 100% Juice, Choice of Milk

LUNCH

BBQ Chicken Dippers, WG Dinner Roll, Green Beans, Mandarin Oranges, Choice of Milk

Tuesday, February 11

BREAKFAST

GM Cereal Bar, Sunflower Seeds, Fresh Fruit, 100% Juice, Choice of Milk

LUNCH

Macaroni & Cheese, WG Bread, Broccoli, Peaches, Choice of Milk

Wednesday, Feb., 12

BREAKFAST

Cinnamon Flakes, Grahams, Applesauce, 100% Juice, Choice of Milk

LUNCH

Meatloaf, WG Bread, Mashed Potatoes, Fresh Fruit, Choice of Milk

Thursday, Feb., 13

BREAKFAST

2 oz RS Cinnamon Toast Crunch, Strawberry Applesauce, 100% Juice, Choice of Milk

LUNCH

WG Chicken Patty, WG Dinner Roll, Carrots, Fresh Fruit, Choice of Milk

Friday, February 14

BREAKFAST

RS Frosted Flakes, Grahams, Applesauce, 100% Juice, Choice of Milk

LUNCH

WG Pizza, Tossed Salad, Pineapple Cup, Choice of Milk

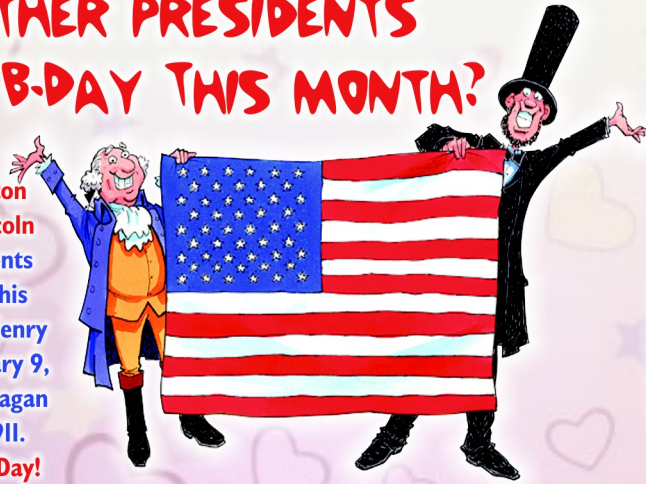
Every complete meal we serve comes with your choice of milk!

1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King with out a moustache. Happy Valentine's Day!

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

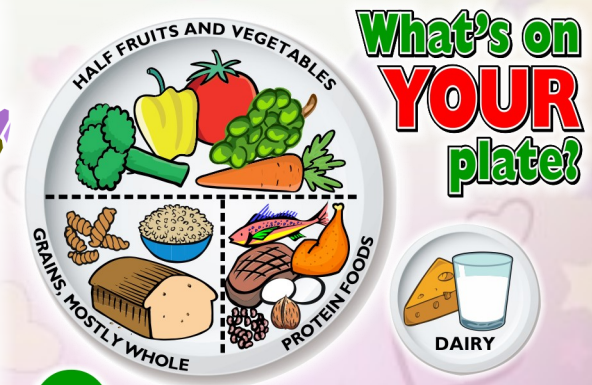
Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!



Available Daily

- Yogurt Plate
- Bagel Plate
- Deli Sandwich
- Sunbutter and Jelly Sandwich

Daily Special Varies:
(i.e. Tuna Sandwich, Egg Salad Sandwich, etc.)



Q Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



WINTER BREAK

Last Day of Classes February 14 Classes Resume February 24

Monday, February 24	Tuesday, February 25	Wednesday, Feb., 26	Thursday, Feb., 27	Friday, February , 28
<p>BREAKFAST Banana Muffin, Sun butter Cup, Cinnamon Applesauce, 100% Juice, Choice of Milk</p> <p>LUNCH Sloppy Joe on WG Roll, Green Beans, Fresh Fruit, Choice of Milk</p>	<p>BREAKFAST Chocolate Mini Wheats, Grahams, Fresh Fruit, 100% Juice, Choice of Milk</p> <p>LUNCH WG Chicken Parmesan w/ Pasta, Tossed Salad, Peaches, Choice of Milk</p>	<p>BREAKFAST Vanilla Yogurt, Granola, Peaches, 100% Juice, Choice of Milk</p> <p>LUNCH Salisbury Steak w/Gravy, WG Bread, Mashed Potatoes, Fresh Fruit, Choice of Milk</p>	<p>BREAKFAST RS Cinnamon Flakes, Cheese Stick, Raisins, 100% Juice, Choice of Milk</p> <p>LUNCH Chicken Teriyaki Dippers, Vegetable Fried Rice, Beet Salad, Pineapple, Choice of Milk</p>	<p>BREAKFAST Hadley Farms Raspberry Cream Bar, Sunflower Seeds, Pineapple, 100% Juice, Choice of Milk</p> <p>LUNCH WGR Pizza, Tossed Salad, Fresh Fruit, Choice of Milk</p>