

YOU'VE GOT TO LOVE IT!

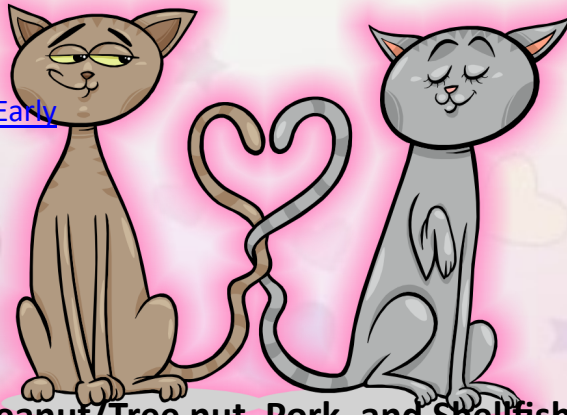
You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!



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

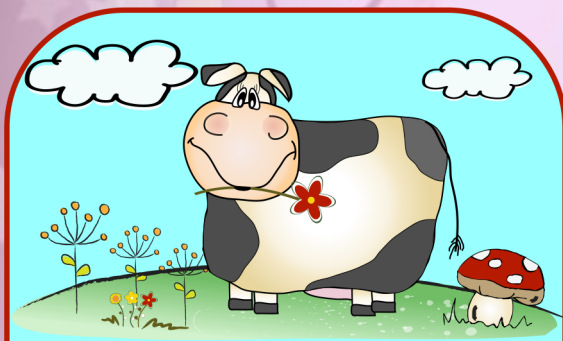
Dr. Reginald Mayo Early Childhood School

New Haven Public Schools



Our program is Peanut/Tree nut, Pork, and Shellfish free!

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



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

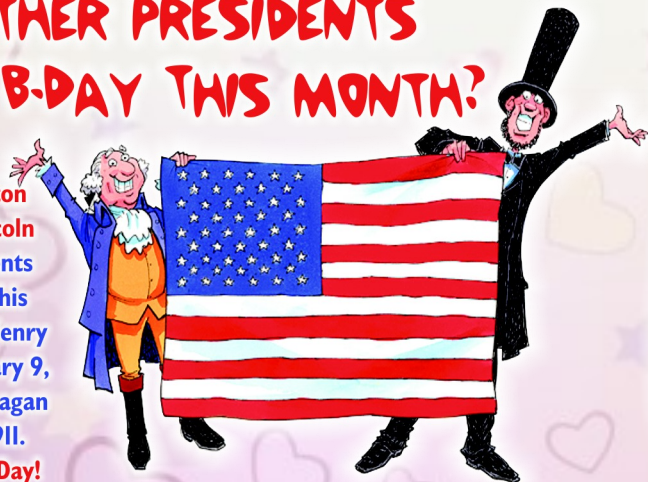
1 AND ONLY!

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

Monday, February 3	Tuesday, February 4	Wednesday, Feb. 5	Thursday, February 6	Friday, February 7
WG French Toast Sticks, Syrup Applesauce Milk	WG Blueberry Muffin Hard Cook Egg Banana Milk	WG Cheerios Cheese Stick Peaches Milk	Yogurt WG Granola Pears Milk	Apple Frudel Mixed Fruit Milk
Lunch WG Hot Turkey & Cheese Sandwich Broccoli Pears	Lunch Meatball Sub Steamed Corn Orange Slices	Lunch Chicken Dippers Rice & Beans Apple wedges	Lunch Beef Tacos, Seasoned Black Beans Fresh Fruit or Fruit Cup	Lunch Pizza Romain Garden Salad Fruit Cup
Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat
Monday, February 10	Tuesday, February 11	Wednesday, Feb., 12	Thursday, Feb., 13	Friday, February 14
WG Apple Muffin Hard Cook Egg Pears Milk	WG Waffles Banana Milk	WG Bagel Cream cheese Orange juice Milk	Oatmeal Blueberries Milk	WG Cinn.Roll Applesauce Milk
Lunch Sloppy Joe on WG Roll Potatoes Wedge Mixed Fruit Cup	Lunch Hamburger on WG Bun Sweet Potato Oven Fries	Lunch BBQ Pulled Turkey on WG Roll Baked Beans Apple Slices	Lunch Chicken Fajita on WG Tortilla w/Rice & Beans Mexican Style Mixed Vegetable Orange slices	Lunch Pizza Romain Garden Salad Fruit Cup
Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat	Choice of Milk Skim or 1% Low Fat

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

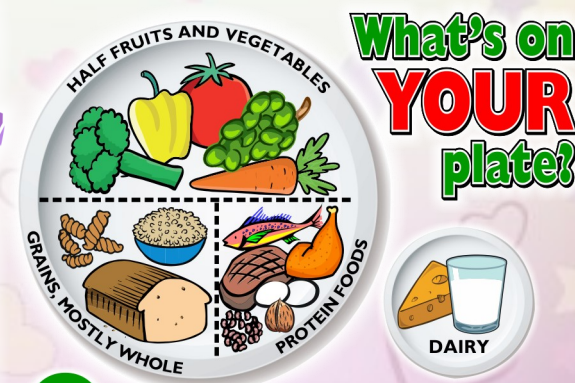
Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.
Happy Presidents Day!



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
WG Pancakes Peaches Milk Lunch Chicken Patty on a WG roll Bakes Beans Mixed fruit Choice of Milk Skim or 1% Low Fat	WG Cereal KIX Cheese Stick Banana Milk Lunch BBQ Chicken Teriyaki with WG Chow Mein Noodles Mixed Vegetables Orange slices Choice of Milk Skim or 1% Low Fat	Cinn. Raisin Bagel w/ cream cheese Orange Juice Lunch BBQ Beef Rib Patty on a WG Roll Texas Ranchero Pinto Beans Pears Choice of Milk Skim or 1% Low Fat	Oatmeal Blueberries Milk Lunch Chicken Pasta Alfredo Seasoned Fresh Broccoli Apple Slices Choice of Milk Skim or 1% Low Fat	Cheese Omelet WG Bread Peaches Milk Lunch Pizza Steamed Fresh Zucchini Sticks Fruit Cup Choice of Milk Skim or 1% Low Fat