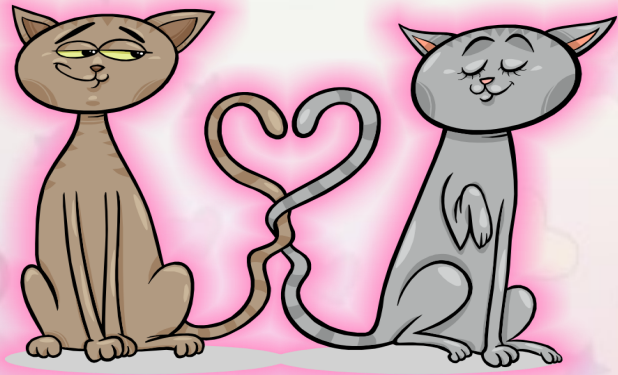


Menu for

Elm City Montessori



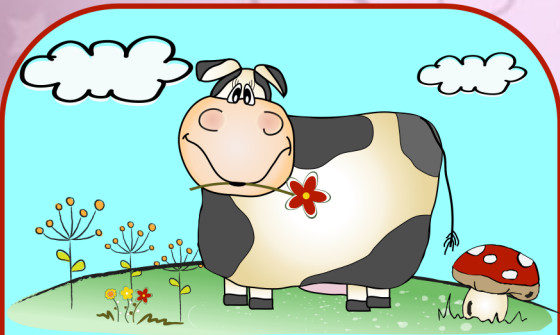
This institution is an equal opportunity provider. Menus are subject to change.

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!



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

Monday, February 3

BREAKFAST

WG Kix Cereal, Fresh Fruit, Choice of Milk

LUNCH

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

Tuesday, February 4

BREAKFAST

French Toast Sticks, Pears, Choice of Milk

LUNCH

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

Wednesday, Feb. 5

BREAKFAST

WG Mini Bagels, Cream Cheese, Orange Wedges, Choice of Milk

LUNCH

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

Thursday, February 6

BREAKFAST

WG Cheerios, Fresh Fruit, Choice of Milk

LUNCH

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

Friday, February 7

BREAKFAST

Wg Pancake, Applesauce, Choice of Milk

LUNCH

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

Monday, February 10

BREAKFAST

WG Corn Flakes, Fresh Fruit, Choice of Milk

LUNCH

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

Tuesday, February 11

BREAKFAST

WG Waffle, Applesauce, Choice of Milk

LUNCH

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

Wednesday, Feb., 12

BREAKFAST

WG WHaet Bread, Egg Patty, Frest Fruit, Choice of Milk

LUNCH

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

Thursday, Feb., 13

BREAKFAST

WG English Muffin, Mandarin Oranges, Choice of Milk

LUNCH

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

Friday, February 14

BREAKFAST

WG Rice Krispies, Fresh Fruit, Choice of Milk

LUNCH

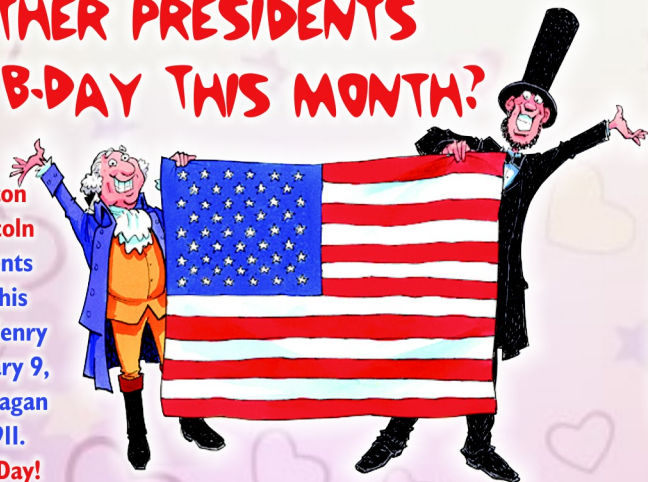
WG Pizza, Tossed Salad, Pineapple Cup, Choice of Milk

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?

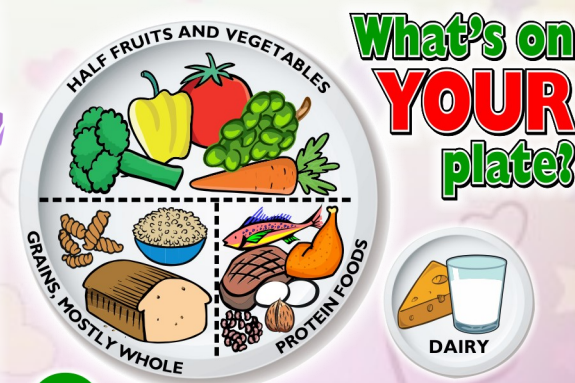
Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.
Happy Presidents Day!



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

BREAKFAST

Apple Muffin, Fresh Fruit, Choice of Milk

LUNCH

Sloppy Joe on WG Roll, Green Beans, Fresh Fruit, Choice of Milk

Tuesday, February 25

BREAKFAST

WG English Muffin, Orange Wedges, Choice of Milk

LUNCH

WG Chicken Parmesan w/ Pasta, Tossed Salad, Peaches, Choice of Milk

Wednesday, Feb., 26

BREAKFAST

WG Pancake, Applesauce, Choice of Milk

LUNCH

Salisbury Steak w/Gravy, WG Bread, Mashed Potatoes, Fresh Fruit, Choice of Milk

Thursday, Feb., 27

BREAKFAST

WG Kix, Graham Crackers, Apple, Choice of Milk

LUNCH

Chicken Teriyaki Dippers, Vegetable Fried Rice, Beet Salad, Pineapple, Choice of Milk

Friday, February , 28

BREAKFAST

WG Mini Bagel, Cream Cheese, Mixed Fruit, Choice of Milk

LUNCH

WGR Pizza, Tossed Salad, Frest Fruit, Choice of Milk