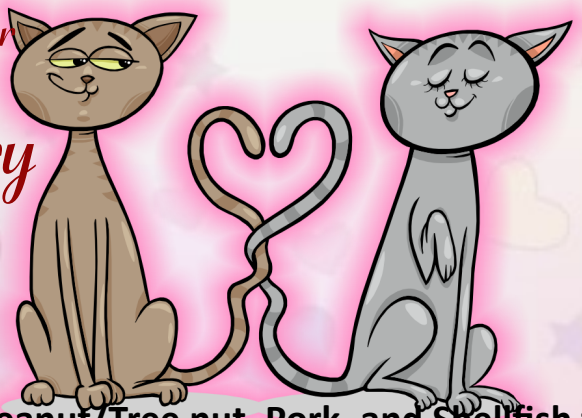


K8 Menu for February 2019

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.

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	Tuesday, February 4	Wednesday, Feb. 5	Thursday, February 6	Friday, February 7
WG French Toast Sticks, Yogurt Cup, Syrup <i>Carbs: 76 Cals: 480 Sod: 575</i>	Saucy Meatball Sub <i>Carbs: 76 Cals: 457 Sod: 280</i>	Roast Chicken & Waffles w/Syrup <i>Carbs: 48 Cals: 411 Sod: 380</i>	Beef Tacos, Soft or Hard Shells <i>Carbs: 24 Cals: 263 Sod: 261</i>	Homemade Pizza <i>Carbs: 52.5 Cals: 489 Sod: 748</i>
<u>Choice of Two</u> Orange Juice Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Seasoned Broccoli Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Seasoned Corn Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Seasoned Black Beans Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Mixed Vegetables Fresh Fruit or Fruit Cup Salad Bar
<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat

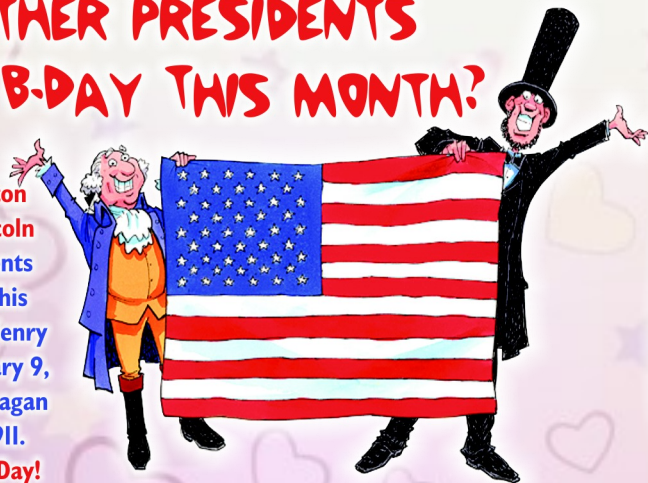
1 AND ONLY!

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 10	Tuesday, February 11	Wednesday, Feb., 12	Thursday, Feb., 13	Friday, February 14
Black Bean Burger on WG Bun or Toasted Cheese <i>Carbs: 63 Cals: 463 Sod: 655</i>	Top Your Own Hamburger on WG Bun <i>Carbs: 34 Cals: 400 Sod: 834</i>	BBQ Pulled Turkey on WG Sub Roll <i>Carbs: 42 Cals: 320 Sod: 1220</i>	Chicken Fajita on WG Tortilla w/Rice & Beans <i>Carbs: 31 Cals: 319 Sod: 575</i>	Homemade Pizza <i>Carbs: 52.5 Cals: 489 Sod: 748</i>
<u>Choice of Two</u> Tomato Soup Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Sweet Potato Oven Fries Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Baked Beans Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Mexican Style Mixed Vegetable Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Seasoned Green Beans Fresh Fruit or Fruit Cup Salad Bar
<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low fat

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

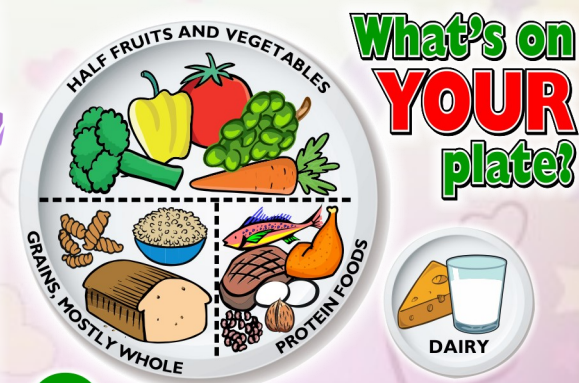
Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!



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
Pancakes with Syrup, Cheese Stick & Egg Patty <i>Carbs: 38 Cals: 308 Sod: 954</i>	BBQ Chicken Teriyaki with WG Chow Mein Noodles <i>Carbs: 52 Cals: 409 Sod: 1039</i>	BBQ Beef Rib Patty on a WG Roll <i>Carbs: 36 Cals: 285 Sod: 1040</i>	Chicken Pasta Alfredo with Garlic Toast <i>Carbs: 74 Cals: 450 Sod: 959</i>	Homemade Pizza <i>Carbs: 42.5 Cals: 433 Sod: 701</i>
<u>Choice of Two</u> Orange Juice Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Oriental Vegetables Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Texas Ranchero Pinto Beans Fresh Fruit or Fruit Cup Salad Bar	<u>Choice of Two</u> Seasoned Fresh Broccoli Fresh Fruit or Fruit Cup Salad Bar <u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Two</u> Seasoned Green Beans Fresh Fruit or Fruit Cup Salad Bar <u>Choice of Milk</u> Skim or 1% Low Fat
<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat	<u>Choice of Milk</u> Skim or 1% Low Fat		