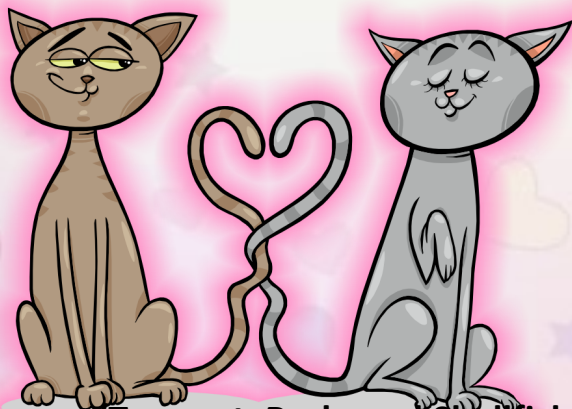


Pre-K Menu for
February
2020



New Haven Public Schools

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

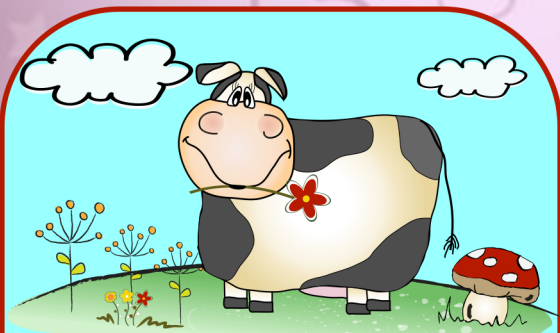
This institution is an equal opportunity provider. Menus are subject to change.

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

**WG French Toast Sticks,
Yogurt Cup, Syrup**
Carbs: 76 Cals: 480
Sod: 575

Choice of Two
Orange Juice
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Tuesday, February 4

Saucy Meatball Sub
Carbs: 76 Cals: 457
Sod: 280

Choice of Two
Seasoned Green Beans
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Wednesday, Feb. 5

**Chicken Chunks & Waffle
w/Syrup**
Carbs: 48 Cals: 411
Sod: 380

Choice of Two
Seasoned Corn
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Thursday, February 6

**Beef Tacos, Soft or Hard
Shells**
Carbs: 24 Cals: 263
Sod: 261

Choice of Two
Seasoned Black Beans
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Friday, February 7

Cheese Pizza
Carbs: 52.5 Cals: 489
Sod: 748

Choice of Two
Mixed Vegetables
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Monday, February 10

**WG Toasted Cheese
Sandwich**
Carbs: 63 Cals: 463
Sod: 655

Choice of Two
Tomato Soup
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Tuesday, February 11

**Top Your Own
Hamburger on WG Bun**
Carbs: 34 Cals: 400
Sod: 834

Choice of Two
Sweet Potato Oven Fries
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Wednesday, Feb., 12

**BBQ Pulled Turkey on
WG Roll**
Carbs: 42 Cals: 320
Sod: 1220

Choice of Two
Baked Beans
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Thursday, Feb., 13

**Chicken Fajita w/Rice &
Beans, Corn Muffin**
Carbs: 31 Cals: 319
Sod: 575

Choice of Two
Mexican Style Mixed
Vegetable
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Friday, February 14

Cheese Pizza
Carbs: 52.5 Cals: 489
Sod: 748

Choice of Two
Seasoned Green Beans
Fresh Fruit or Fruit Cup
Salad Bar

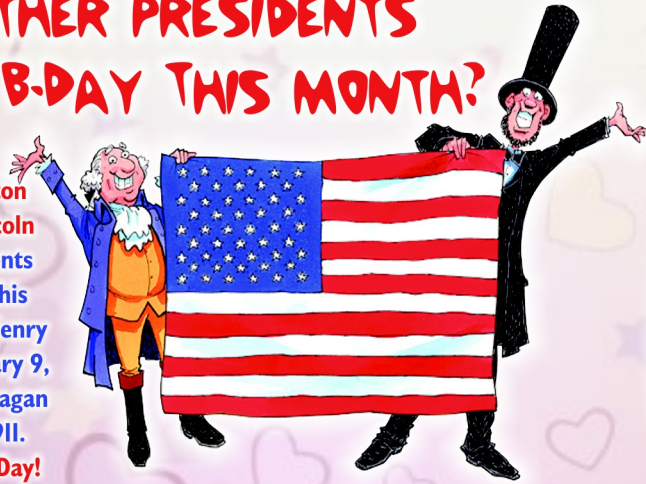
Choice of Milk
Skim or 1% Low fat

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!

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

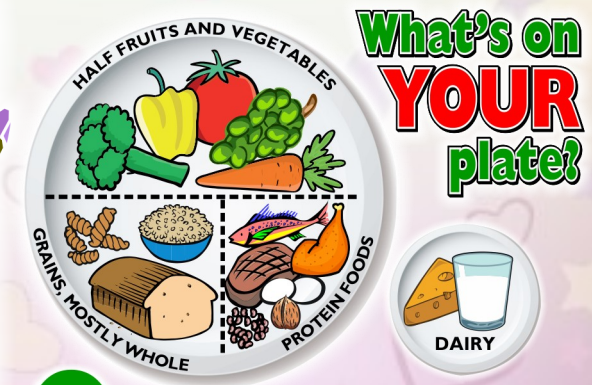
Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.
Happy Presidents Day!



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 with Syrup, & Chicken Sausage <i>Carbs: 38 Cals: 308 Sod: 954</i>	BBQ Chicken Teriyaki with Brown Rice <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, Dinner Roll <i>Carbs: 74 Cals: 450 Sod: 959</i>	Cheese 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 Carrots 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		