



FEBRUARY 2020

GOOD EATS AT

Prices:
Breakfast:
 Students: Free
 Adults: \$2.75
Lunch
 Students: \$2.75
 Reduced \$0.40
 Adults: \$4.00

SPECIAL ANNOUNCEMENTS

Breakfast Includes:
 Fruit, juice and /or milk
Lunch Includes:
 Choice of vegetables, fruits, and milk

It's **LORENA LIGHTNING**

YOU ART WHAT YOU EAT
 ART CONTEST

Art Contest ENTER TODAY
 SquareMeals.org / ArtContest

M	T	W	TH	F
Breakfast: Breakfast Pizza Lunch: Taquitos 3	Breakfast: French Toast & Sausage Lunch: Chicken Nuggets 4	Breakfast: Power Breakfast Lunch: Meatball Subs 5	Breakfast: Pancake Wrap Lunch: Cheese Pizza 6	Breakfast: Biscuit & Sausage Lunch: Cheeseburger 7
Breakfast: Kolache & Yogurt Lunch: Steak Fingers 10	Breakfast: Cheese Omelet Lunch: Boneless Chicken Wings 11	Breakfast: Waffles & Sausage Lunch: French Bread Pizza 12	Breakfast: Breakfast Pizza Lunch: Quesadilla 13	Breakfast: French Toast & Sausage Lunch: Popcorn Chicken 14
No School 17	Breakfast: Breakfast Pizza Lunch: Xtreme Burrito 18	Breakfast: Power Breakfast Lunch: Nacho Grande 19	Breakfast: Cheesy Toast Lunch: Hamburger Steak 20	Breakfast: Sausage, Egg, & Cheese Biscuit Lunch: Pepperoni Pizza 21
Breakfast: Biscuit & Sausage Lunch: Hot Dogs 24	Breakfast: Breakfast Burrito Lunch: Chicken Nuggets 25	Breakfast: Chicken & Waffles Lunch: Tacos 26	Breakfast: Pancakes & Sausage Lunch: Chicken Parmesan 27	Breakfast: French Toast Lunch: Cheeseburger 28

GET READY

SCHOOL BREAKFAST WEEK
MARCH 2-6
 SquareMeals.org/SBW



Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.

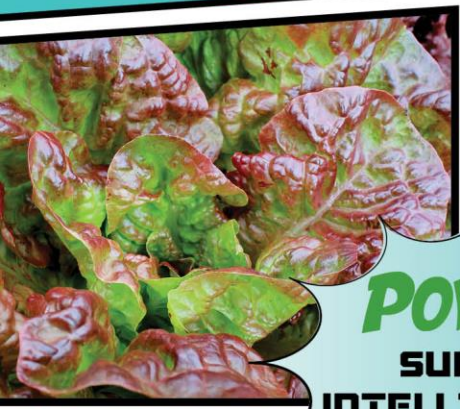


WHAT TO KNOW

Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

FUN FACT

Red leaf lettuce has the same nutrition profile as green leaf lettuce and romaine.



**POWER
SUPER
INTELLIGENCE**

JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

FIND THE SIX DIFFERENCES

