

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken nuggets 1 Potato/gravy Salad Fruit	Teriyaki Dippers 2 Rice Veggies Fruit	Hamburger 3 Fries Lettuce/tomato Fruit
In-service Day 6	Sub sandwich 7 Chips Veggies & Dip Fruit	Egg pattie 8 Sausage Tators Oranges Cinnamon roll	Nachos 9 Corn Salad Fruit	Chicken burger 10 Fries Lettuce/pickle Fruit
Pizza 13 Salad Fruit	Soft taco 14 Corn Fruit Brownie	Chicken drummies 15 Potato/gravy Green beans Fruit	Corn dog 16 Fries Salad Fruit	Mid Winter Break 17
President's Day 20	Chef Salad 21 Cheese Sticks & sauce Fruit Cookie	Hot Dog 22 Baked beans Fries Fruit	Burrito 23 Rice Salad Fruit Raspberry Shortcake	Hamburger 24 Fries Lettuce/pickle Fruit
Pizza 27 Veggies & Dip Fruit	Ravioli 28 Salad Fruit Carrot cake	Toasted cheese 29 Soup Veggies Fruit		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

- Harvest of the Month
 February 23rd
Raspberries