

February is American Heart Health Month

St. Mary's Elementary K-5



2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Celebrate healthy and delicious eating with these fun food celebrations in February:</b>  <b>Global Pulse Day- Feb 10 (pulses are dry peas, beans, lentils, chickpeas)</b>  <b>Tortilla Chip Day Feb 24 * National Strawberry Day- Feb 27 * National Chili Day- Feb 28</b></p>				
<p>5 Curly Noodles with Meatballs Green Beans Peaches Milk</p>	<p>6 BBQ Pork Sandwich Coleslaw Fresh Seasonal Vegetables Chilled Fruit Milk</p>	<p>7 Cheeseburger or Hamburger Corn Fresh Fruit Choices Milk</p>	<p>1 Chicken Sandwich Steamed carrots Yogurt Parfait Milk</p>	<p>2 Pepperoni Pizza Sticks Vegetables with hummus Chilled fruit Milk</p>
<p>12 Cheesy Chicken Rice Bake Fresh Seasonal Vegetables Chilled Fruit Milk</p>	<p>13 Soft Beef Taco Bean Dip &amp; Tortilla Chips Fresh Seasonal Vegetables Peaches Milk</p>	<p>14 <b>Valentine's Day Special</b> Roast Turkey and gravy, Mashed Potatoes, Peas, Cinnamon Apples, Fruit tart, Milk</p>	<p>8 Hot Dog on a Bun Baked Beans Fresh Vegetables Apples Wedges Milk</p>	<p>9 Chicken Nuggets Twisted Baked Potatoes Carrot Sticks Chilled Fruit Milk</p>
<p>19 NO SCHOOL TODAY </p>	<p>20 Tangerine Glazed Chicken Rice Steamed Vegetables Pineapple Chunks Milk</p>	<p>21 Meatball SUB Carrot Sticks Chilled Fruit Milk</p>	<p>15 French Toast Sticks Pork Sausage or Egg Patty Blueberries Fresh Seasonal Vegetables Milk</p>	<p>16 NO SCHOOL TODAY</p>
<p>26 <b>Chicken Fajita</b> Cheesy Chicken Wrap Corn Peaches Milk</p>	<p>27 French Toast Sticks Sausage Patty or Egg Patty Strawberries Fresh Seasonal Vegetables Milk</p>	<p>28 Chili Cornbread Pears Tossed Green Salad Milk</p>	<p>22 Cheesy Beef Sandwich Tossed Green Salad Orange Halves Milk</p>	<p>23 NACHOS Bean Dip Fresh Seasonal Vegetables Chilled Fruit Milk</p>
<p>This institution is an equal opportunity provider.                  Menus are subject to change based on product availability.                  A variety of milk is offered; fat free white, fat free chocolate and 1% white. A vegetarian option is available every day.                  The alternative choice to the main entrée item is a peanut butter sandwich and yogurt.</p>				
<p><b>Average</b> 643 1028 mg</p>			<p><b>Average</b> 5.21 g</p>	
<p><b>Weekly Target</b> 550-650 &lt; 1230 mg</p>			<p><b>% Calories</b> 7.3 %</p>	
<p><b>% of Target</b> 100</p>			<p><b>Weekly Target</b> &lt; 10.00 %</p>	
<p><b>Calories</b> 643</p>			<p><b>Saturated Fat</b></p>	
<p><b>Sodium</b> 1028 mg</p>			<p><b>Calories</b> 7.3 %</p>	
<p><b>Saturated Fat</b></p>			<p><b>Weekly Target</b> &lt; 10.00 %</p>	