



# FEBRUARY LUNCH MENU

**Sara Lindemuth/Anna  
Carter Primary School**

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

**FEBRUARY 2  
is  
Groundhog  
Day**

**Keep an eye out  
for  
Punxsutawney  
Phil**

## Why is Presidents' Day the 3rd Monday in February?

Originally, Americans started celebrating **George Washington's** birthday on February 22. This was declared a Federal Holiday in 1879. But **Harrison's** birthday was February 9 and **Lincoln's** birthday was February 12. So in 1968, under Lyndon Johnson, Congress passed the *Uniform Monday Holiday Bill* so that the day would honor all of our US Presidents and never fall mid-week. Later, **Reagan**, born February 6, became President. So four of our Presidents were born in February. However, more Presidents were actually born in October and November!

### Monday, February 3

Corn Dog Nuggets  
(poultry)

Alternate Entrée  
Fish & Cheese  
Sandwich

Served with Steamed  
Broccoli, Orange Smiles  
& Assorted Milk

Meals must include veggie and/or fruit

### Tuesday, February 4

Sliced Turkey on Roll

Alternate Entrée  
Fish & Cheese  
Sandwich

Served with Tater Tots,  
Lettuce & Tomato,  
100% Fruit Juice  
& Assorted Milk

Meals must include veggie and/or fruit

### Wed., February 5

"Have it your way"  
Burger (beef)

Alternate Entrée  
Fish & Cheese  
Sandwich

Served with Baked  
Beans, Lettuce &  
Tomato, Apple Slices  
& Assorted Milk

Meals must include veggie and/or fruit

### Thursday, February 6

Chicken Tenders  
with Tea Roll

Alternate Entrée  
Fish & Cheese  
Sandwich

Served with Baby  
Carrots & Ranch Dip,  
100% Fruit Juice  
& Assorted Milk

Meals must include veggie and/or fruit

### Friday, February 7

Cheese Filled  
Breadsticks with Red  
Sauce

Alternate Entrée  
Fish & Cheese  
Sandwich

Served with Sweet Peas  
& Carrots, Applesauce  
& Assorted Milk

Meals must include veggie and/or fruit

## Meal Accounts

Money left in Student Meal Accounts travels with them from year-to-year until they graduate. Single items and snacks are not free. The free meal is described below.

# DON'T GET!

## To make a lunch, choose at least one



or



and 3-5  
items  
total



The above is a qualified lunch for free. STSD Food Services.



Instead of candy, try some berries. They're good for your heart!



## HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

### Monday, February 10

Garlic Bread Pizza  
(no meat)

Alternate Entrée  
Egg & Cheese on  
English Muffin

Served with Veggie  
Pick-up & Ranch Dip,  
Mixed Fruit & Assorted  
Milk

Meals must include veggie and/or fruit

### Tuesday, February 11

Fish Nuggets

Alternate Entrée  
Egg & Cheese on  
English Muffin

Served with Baked  
Beans, 100% Fruit  
Juice & Assorted Milk

Meals must include veggie and/or fruit

### Wed., February 12

Macaroni & Cheese  
with Tea Roll

Alternate Entrée  
Egg & Cheese on  
English Muffin

Served with Baby  
Carrots, Steamed  
Broccoli, Sliced Pears  
& Assorted Milk

Meals must include veggie and/or fruit

### Thursday, February 13

Popcorn Chicken with  
Mashed Potatoes

Alternate Entrée  
Egg & Cheese on  
English Muffin

Served with Green  
Beans, 100% Fruit  
Juice & Assorted Milk

Meals must include veggie and/or fruit

### Friday, February 14

Pizzeria Pizza  
(no meat)

Alternate Entrée  
Egg & Cheese on  
English Muffin

Served with Veggie  
Pick-up & Ranch Dip,  
Peach Cup  
& Assorted Milk  
Special Cookie Treat

Meals must include veggie and/or fruit

### Monday, February 17

## No School

To celebrate  
Presidents' Day,  
YOU get the  
day off!



### Tuesday, February 18

French Bread Pizza  
(no meat)

Alternate Entrée  
Hamburger (beef)

Served with Baby  
Carrots, 100% Fruit  
Juice & Assorted Milk

Meals must include veggie and/or fruit

### Wed., February 19

Grilled Cheese  
Sandwich (no meat)

Alternate Entrée  
Hamburger (beef)

Served with Baked  
Beans, Orange Smiles  
& Assorted Milk

Meals must include veggie and/or fruit

### Thursday, February 20

Chicken Patty  
Sandwich

Alternate Entrée  
Hamburger (beef)

Served with Broccoli,  
Lettuce & Tomato,  
100% Fruit Juice  
& Assorted Milk

Meals must include veggie and/or fruit

### Friday, February 21

Mini Calzones  
(no meat)

Alternate Entrée  
Hamburger (beef)

Served with Peas  
& Carrots, Apple Slices  
& Assorted Milk

Meals must include veggie and/or fruit

### Monday, February 24

## Teacher In-service Day



### Tuesday, February 25

Walking Taco  
Tortilla Chips, Cheese, Salsa,  
Sour Cream, Lettuce &  
Tomato (meat is poultry)

Alternate Entrée  
Wow Butter & Jelly  
Sandwich

Served with Veggie  
Pick-up & Ranch Dip,  
100% Fruit Juice  
& Assorted Milk

Meals must include veggie and/or fruit

### Wed., February 26

Chicken Sticks  
with Tea Roll

Alternate Entrée  
Wow Butter & Jelly  
Sandwich

Served with Baked  
Beans, Mixed Fruit  
& Assorted Milk

Meals must include veggie and/or fruit

### Thursday, February 27

Bosco Stick (no meat)  
with Red Sauce

Alternate Entrée  
Wow Butter & Jelly  
Sandwich

Served with Veggie  
Pick-up & Ranch Dip,  
Potato Smiles, 100%  
Fruit Juice & Assorted  
Milk

Meals must include veggie and/or fruit

### Friday, February 28

Deep Dish Pizza  
(no meat)

Alternate Entrée  
Wow Butter & Jelly  
Sandwich

Served with Baby  
Carrots, Applesauce  
& Assorted Milk

Meals must include veggie and/or fruit