



FEBRUARY LUNCH MENU

Thomas Holtzman Elementary 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

Chicken Sticks with Tea Roll

Alternate Entrée

Egg & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Steamed Broccoli, Tater Tots, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Tuesday, February 4

Wild Mike's Cheezy Mozzarella Bites with Red Sauce

Alternate Entrée

Egg & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Emoji Fries, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 5

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

Alternate Entrée

Egg & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Corn, Lettuce & Tomato, Sliced Pears & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 6

Chicken Sandwich (no spicy offered)

Alternate Entrée

Egg & Cheese Sandwich Or Wow Butter & Jelly Sandwich

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

Meals must include veggie and/or fruit

Friday, February 7

Deep Dish Pizza (no meat)

Alternate Entrée

Egg & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Baby Carrots & Ranch Dip, Applesauce & Assorted Milk

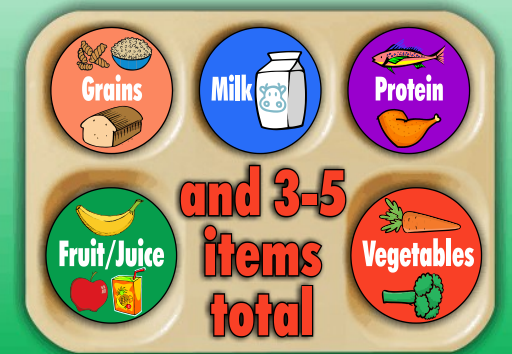
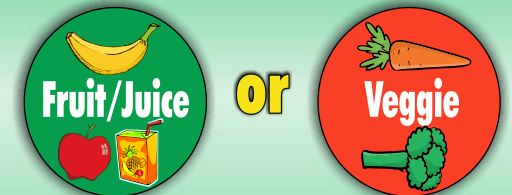
Meals must include veggie and/or fruit

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



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

Spicy Chicken Tenders with Tea Roll (no plain offered)

Alternate Entrée
 Fish & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Green Beans, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Tuesday, February 11

French Bread Pizza (no meat)

Alternate Entrée
 Fish & Cheese Sandwich Or Wow Butter & Jelly Sandwich

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

Meals must include veggie and/or fruit

Wed., February 12

Corn Dog Nuggets (meat is poultry)

Alternate Entrée
 Fish & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Potato Smiles, Steamed Broccoli, Orange Smiles & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 13

Hard Shell Taco (meat is poultry) Cheese, Salsa, Sour Cream, Lettuce & Tomato

Alternate Entrée
 Fish & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Refried Beans, Peas, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

Friday, February 14

Texas Toast Grilled Cheese

Alternate Entrée
 Fish & Cheese Sandwich Or Wow Butter & Jelly Sandwich

Served with Veggie Pick-up & Ranch Dip, Tater Tots, Applesauce & 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

Bosco Stick (no meat) with Red Sauce

Alternate Entrée
 Hamburger (beef) Or 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 19

Hot Diggity Dog (beef, pork, chicken)

Alternate Entrée
 Hamburger (beef) Or Wow Butter & Jelly Sandwich

Served with Broccoli, Baked Beans, Orange Smiles & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 20

Spicy Chicken Patty Sandwich (no plain offered)

Alternate Entrée
 Hamburger (beef) Or Wow Butter & Jelly Sandwich

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

Meals must include veggie and/or fruit

Friday, February 21

Pizza Crunchers (no meat)

Alternate Entrée
 Hamburger (beef) Or Wow Butter & Jelly Sandwich

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

Breakfast for Lunch: (French Toast, Turkey Sausage, Tri-Tater, Syrup, Margarine)

Alternate Entrée
 Chicken Patty Sandwich Or 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

Meatball Sandwich (beef)

Alternate Entrée
 Chicken Patty Sandwich Or Wow Butter & Jelly Sandwich

Served with Steamed Broccoli, Seasoned Potatoes, Raisins & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 27

Sliced Turkey & Cheese Sandwich

Alternate Entrée
 Chicken Patty Sandwich Or Wow Butter & Jelly Sandwich

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

Meals must include veggie and/or fruit

Friday, February 28

Pizzeria Pizza (no meat)

Alternate Entrée
 Chicken Patty Sandwich Or Wow Butter & Jelly Sandwich

Served with Baby Carrots, Applesauce & Assorted Milk

Meals must include veggie and/or fruit