

FEBRUARY 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

Chili Dog on WW Bun
Seasoned Tater Tots
Cole Slaw
Mandarin Orange
Sidekick

Milk Choices Daily
1% White, Skim White

Adult Meal Price for Lunch is \$3.70

Menus are subject to change based on product availability

Nutrition Education

Health Benefits of Broccoli

When it comes to great-tasting nutrition, broccoli is an all-star food with many health benefits. While low in calories, broccoli is rich in essential vitamins and minerals, in addition to fiber.

Broccoli Nutrients

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, and fiber.

Vitamin K – essential for the functioning of many proteins involved in blood clotting. **Vitamin C** – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.

Fiber – diets high in fiber promote digestive health. A high fiber intake can also help lower cholesterol.

Potassium – a mineral and electrolyte that is essential for the function of nerves and heart contraction.

Folate – is necessary for the production and maintenance of new cells in the body.

What do you call a fake noodle?
(An impasta)

Why did the cookie go to the hospital?
(Because he felt crummy)

Why did Jack go out with a prune?
(Because he couldn't find a date)

This institution is an equal opportunity provider.

4

Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

5

Salisbury Steak
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Applesauce
Fruit Juice

6

Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

7

Mexican Taco w/Salsa
Lettuce/Tomato/Cheese
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

8

Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

11

Meatball Sub or
Meatball Marinara over Pasta
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

12

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Sliced Peaches

13

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

14

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

15

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Sidekick
Chilled Peach Cup

18

Chili Dog on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

19

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

20

BBQ Pork on WW Bun
Steamed Broccoli
w/Cheese Sauce
Whole Kernel Corn
Applesauce
Fresh Tangerine

21

Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad
w/Grape Tomatoes
Fruit Juice

22

Chicken Nuggets
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

25

Sliced Turkey on WW Bun
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

26

Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

27

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

28

Fajita Chicken
w/Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

FEBRUARY 2019

Florence 3 School District K-6 Elementary (Lunch)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

1
Hot Dog w/Chili on WW Bun
Seasoned Tater Tots
Cole Slaw
Mandarin Orange
Sidekick

4
Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

5
Salisbury Steak
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

6
Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

7
Mexican Taco w/Salsa
Lettuce/Tomato/Cheese
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

8
Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

11
Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

12
Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Tropical Fruit Mix

13
Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

14
Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

15
Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Sidekick
Chilled Peach Cup

18
Hot Dog w/Chili on WW Bun
Cole Slaw
Pinto Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

19
Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

20
BBQ Pork on WW Bun
Steamed Broccoli
w/Cheese Sauce
Whole Kernel Corn
Applesauce
Fresh Tangerine

21
Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad
w/Grape Tomatoes
Fruit Juice

22
Chicken Nuggets
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

25
Baked Corn Dog or
Corn Dog Minis
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

26
Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

27
Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

28
Fajita Chicken
w/Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

Alternate Meal (Offered Daily)

Chef Salad or Peanut Butter & Jelly Sandwich w/Cheese Stick

Milk Choices Daily

1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry

Adult Meal Price for Lunch is \$3.70

Menus are subject to change based on product availability

Nutrition Education

Health Benefits of Broccoli

When it comes to great-tasting nutrition, broccoli is an all-star food with many health benefits. While low in calories, broccoli is rich in essential vitamins and minerals, in addition to fiber.

Broccoli Nutrients

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, and fiber.

Vitamin K – essential for the functioning of many proteins involved in blood clotting. **Vitamin C** – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.

Fiber – diets high in fiber promote digestive health. A high fiber intake can also help lower cholesterol.

Potassium – a mineral and electrolyte that is essential for the function of nerves and heart contraction.

Folate – is necessary for the production and maintenance of new cells in the body.

What do you call a fake noodle?
(An impasta)

Why did the cookie go to the hospital?
(Because he felt crummy)

Why did Jack go out with a prune?
(Because he couldn't find a date)

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FEBRUARY 2019

Florence 3 School District
J. Paul Truluck, Ronald McNair & Lake City High
Middle/High School (Lunch)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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4

Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

5

Salisbury Steak
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

6

Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

7

Mexican Taco w/Salsa
Lettuce/Tomato/Cheese
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

8

Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

11

Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

12

Orange Chicken Rice Bowl
Steamed Broccoli
Glazed Carrots
Fresh Apple
Tropical Fruit Mix

13

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Tomato & Cucumber Salad
Applesauce
Fruit Juice

14

Nachos w/Chili
Whole Kernel Corn
Pinto Beans
Pineapple Tidbits
Assorted Fresh Fruit
Royal Brownie w/Icing

15

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Sidekick
Chilled Peach Cup

18

Hot Dog w/Chili on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

19

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

20

BBQ Pork on WW Bun
Steamed Broccoli
w/Cheese Sauce
Whole Kernel Corn
Applesauce
Fresh Tangerine

21

Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad
w/Grape Tomatoes
Fruit Juice

22

Hot Wings
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

25

Baked Corn Dog or
Corn Dog Minis
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

26

Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

27

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

28

Fiesta Bowl
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

1

Hot Dog w/Chili on WW Bun
Seasoned Tater Tots
Cole Slaw
Mandarin Orange
Sidekick

Alternate Meal

(Specialty Station Offered Daily)
Monday & Friday: Pizza
Tuesday & Thursday: Salad Bar
Wednesday: Sub Station

Milk Choices Daily

1% White, Skim White, Fat Free Chocolate,
Fat Free Vanilla, Fat Free Strawberry

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