

Monday	Tuesday	Wednesday	Thursday	Friday
Personal pizza square <b>30</b> Assorted toppings Tossed salad Pears and oranges	Hamburger/Cheese/ <b>31</b> Veggie Burger Seasoned potatoes Fruit choice	Popcorn chicken <b>1</b> Fluffy brown rice Steamed vegetables Fruit choice Football cookie	Beef hotdog <b>2</b> Veggies and hummus Soft pretzel Fruit choice	Soft shell taco <b>3</b> Assorted taco toppings Black bean and corn salsa Spanish rice Fruit choice
Bosco cheese sticks <b>6</b> Marinara sauce Steamed broccoli Fruit choice	Beef or veggie cheese lasagna <b>7</b> Caesar salad WG breadstick Fruit choice	Cinnamon French Toast Sticks <b>8</b> Colby cheese omelet Red potatoes Fruit choice or juice	Chicken fajitas <b>9</b> Assorted taco toppings Corn Fruit choice	Mini-corn dogs <b>10</b> Sweet oven potatoes Vegetarian baked beans Fruit choice
WG Cheese pizza <b>13</b> Veggies and low fat dip Fruit choice	<b>Valentine's Day 14</b> Grilled chicken sandwich Assorted fresh toppings Sweet potato tots Heart cookie	WG Rotini and meatballs <b>15</b> Steamed broccoli Mini garlic cheese toast Fruit choice	Chicken tenders <b>16</b> Assorted sauces Fluffy brown rice Steamed vegetables Fruit choice	Nachos Grande <b>17</b> Assorted taco toppings Baked scoops Red beans and rice Fruit choice
Cheese ravioli w/marinara <b>20</b> Baked squash WG breadstick Fruit choice	Turkey gravy <b>21</b> Mashed potatoes Steamed vegetables Mini biscuit w/honey Fruit choice	WG macaroni and cheese <b>22</b> Baked fish nuggets Steamed green beans Fruit choice	Teriyaki chicken dippers <b>23</b> Fluffy brown rice Vegetable choice Pineapple Frozen yogurt cup	WG cheese breadsticks <b>24</b> Marinara sauce Caesar salad Fruit choice
Mini twin burgers <b>27</b> Assorted fresh toppings Seasoned oven potatoes Apples and oranges	Chicken patty sandwich <b>28</b> Assorted fresh toppings Baked chips Green beans Pears	*Cece Green's Southwest <b>29</b> Chicken Black beans and corn Couscous Fruit choice	BBQ Riblets <b>1</b> Potato pancakes/applesauce Carrots Wheat roll Fruit choice	Cheese quesadilla <b>2</b> Assorted taco toppings Vegetarian refried beans Fruit choice

**Cold Lunch Choices:**

PBJ wheat uncrustable/string chesse available daily  
Could include wraps, hummas & pita, and bagel bundles  
All include fruit , vegetable & milk.

**Salad Choice:**

A full salad bar or pre-made salad  
Pre-salad meal includes a bread item, fruit and a milk.



**Foods to Increase**

**\*Make 1/2 of your plate fruits and vegetables**

**\*Make 1/2 your grains whole grains**

**\*Switch to fat-free or low fat milk (1%)**

Be creative with baked goods and add apples, bananas, blueberries and pears to a favorite muffin recipe.

**Feb. 29-Southwest Chicken Recipe** was created by Cece Green, Child Nutrition Manager at Greenvale Park. It combines a lot of foods that children tend to enjoy into a flavorful dish that is both nutritious and tasty. This recipe was recognized by the Minnesota School Nutrition Association at their annual Nutrition Conference in October.

**Fuel Up to Play 60-NFL** and Midwest Dairy Association partnership to encourage all students to get 60 minutes of physical activity a day is now active at both Bridgewater Elementary and Greenvale Park Elementary.