

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Bfast: Muffin, fruit, milk 1 Lunch: Turkey & Cheese Sandwich or PBJ	Bfast: Bagel/Cream Cheese, fruit and milk 2 Lunch: Soft Taco or PBJ
Bfast: Muffin, fruit, milk 5 Lunch: Spaghetti w/ Meat Sauce or PBJ	Bfast: Yogurt Parfait, fruit & milk 6 Lunch: Turkey & Noodles or PBJ	Bfast: Bagel/Cream Cheese, fruit, milk 7 Lunch: Vegetable Soup or PBJ	Bfast: Muffin, fruit, milk 8 Lunch: Turkey & Cheese Sandwich or PBJ	Bfast: Bagel/Cream Cheese, fruit and milk 9 Lunch: Soft Taco or PBJ
Bfast: Muffin, fruit, milk 12 Lunch: Spaghetti w/ Meat Sauce or PBJ	Bfast: Yogurt Parfait, fruit, milk 13 Lunch: Turkey & Noodles or PBJ	Bfast: Bagel/Cream Cheese, fruit, milk 14 Lunch: Vegetable Soup or PBJ	Bfast: Muffin, fruit, milk 15 Lunch: Turkey & Cheese Sandwich or PBJ	Bfast: Bagel/Cream Cheese, fruit, milk 16 Lunch: PBJ ONLY
No School 19	No School 20	No School 21	No School 22	No School 23
Bfast: Muffin, fruit, milk 26 Lunch: Spaghetti w/ Meat Sauce or PBJ	Bfast: Yogurt Parfait, fruit, milk 27 Lunch: Turkey & Noodles or PBJ	Bfast: Bagel/Cream Cheese, fruit and milk 28 Lunch: Vegetable Soup or PBJ	Bfast: Muffin, fruit, milk 29 Lunch: Turkey & Cheese Sandwich or PBJ	Bfast: Bagel/Cream Cheese, fruit, milk 30 Lunch: Soft Taco or PBJ

NUTRITION TIP: Vegetables:

- Most Americans need to triple their daily vegetable servings to meet federal recommendations
- Vegetables are important sources of many nutrients including potassium, dietary fiber, folate, and vitamins A, E and C

MyPlate recommends: Make half your plate fruits and vegetables



Ordering Information:

- One order sheet per student
- Orders must be returned by February 16th
- Make checks payable to FRCS