## Menus for February 2014

### Center Grove Elementary Schools

### Monday, February 3
**Choice of One**
- Chicken Nuggets w/ Mini Biscuit
- Turkey & Cheese Sandwich
- PBJ Meal

**Sides**
- Baked Beans
- Cucumber Slices
- Chilled Peaches
- Fresh Seasonal Fruit

**Breakfast Sandwich**

### Tuesday, February 4
**Choice of One**
- French Toast Sticks w/Sausage
- Cheeseburger
- Yogurt Kids Lunch
- Turkey Chef Salad

**Sides**
- Tator Tots
- Broccoli/Cauliflower
- Diced Pears
- Fresh Seasonal Fruit

**Breakfast Sandwich**

### Wednesday, February 5
**Choice of One**
- Cheese Quesadilla
- Breaded Chicken Sandwich
- PBJ Meal

**Sides**
- Honey Glazed Carrots
- Celery Sticks
- Whole Fruit Cup
- Fresh Seasonal Fruit

**Mini French Toast**

### Thursday, February 6
**Choice of One**
- Chili w/ 1/2 PB Sandwich
- Grilled Cheese
- Yogurt Kids Lunch
- Grilled Chicken Salad

**Sides**
- Seasoned Green Beans
- Side Salad
- Applesauce
- Fresh Seasonal Fruit

**Muffin w/Scrambled Eggs**

### Friday, February 7
**Choice of One**
- Mozzarella Pizza Bites
- PBJ Meal
- Yogurt Kids Lunch
- Friday Cookie

**Sides**
- Cheesy Broccoli
- Baby Carrots
- Chilled Pineapple
- Fresh Seasonal Fruit

**Warm Cinnamon Roll**

### Monday, February 10
**Choice of One**
- Chicken Tenders w/ Breadstick
- Turkey & Cheese Sandwich
- PBJ Meal

**Sides**
- Baked Fries
- Side Salad
- Fruit Cocktail
- Fresh Seasonal Fruit

**Breakfast Sandwich**

### Tuesday, February 11
**Choice of One**
- Mini Turkey Biteable w/ SunChips
- Cheeseburger
- Yogurt Kids Lunch
- Turkey Chef Salad

**Sides**
- Cheesy Broccoli
- Baby Carrots
- Applesauce
- Fresh Seasonal Fruit

**Breakfast Sandwich**

### Wednesday, February 12
**Choice of One**
- Mini Corn Dogs
- Breaded Chicken Sandwich
- PBJ Meal

**Sides**
- Golden Corn
- Celery & Baby Carrots
- Chilled Pears
- Fresh Seasonal Fruit

**Mini French Toast**

### Thursday, February 13
**Choice of One**
- Nachos w/Baked Scoops
- Grilled Cheese
- Yogurt Kids Lunch
- Grilled Chicken Salad

**Sides**
- Fiesta Black Beans
- Side Salad
- Mandarin Oranges
- Fresh Seasonal Fruit

**Muffin w/Scrambled Eggs**

### Friday, February 14
**Choice of One**
- French Bread Pizza
- PBJ Meal
- Yogurt Kids Lunch
- Friday Cookie

**Sides**
- Seasoned Green Bean
- Cucumber Slice
- Chilled Peaches
- Fresh Seasonal Fruit

**Warm Cinnamon Roll**

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**Trust Your Heart.**

Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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**Portraits of Spectacular Athletes**

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.

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**Winter Olympics February 7-23 Sochi, Russia**

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**Happy Valentine’s Day!**
Monday, February 17
Choice of One
Popcorn Chicken Smackers w/ Breadstick
Turkey & Cheese Sandwich
PBJ Meal

Sides
Mashed Potatoes
Baby Carrots
Chilled Peas
Fresh Seasonal Fruit

Mini Pancakes

Tuesday, February 18
Choice of One
Homemade Chicken Noodle Soup w/ 1/2 Grilled Cheese
Cheeseburger
Yogurt Kids Lunch
Turkey Chef Salad

Sides
Seasoned Green Beans
Celery Sticks
Mandarin Oranges
Fresh Seasonal Fruit

Breakfast Sandwich

Wednesday, February 19
Choice of One
Hot Dog
Breaded Chicken Sandwich
Turkey Chef Salad
PBJ Meal

Sides
Baked Beans
Side Salad
Chilled Pineapple
Fresh Seasonal Fruit

Mini French Toast

Thursday, February 20
Choice of One
Macaroni & Cheese
Hot Ham & Cheese Sandwich
Yogurt Kids Lunch
Grilled Chicken Salad

Sides
Green Peas
Cucumber Slices
Chilled Peaches
Fresh Seasonal Fruit

Muffin w/ Scrambled

Friday, February 21
Choice of One
Classic Rectangle Pizza
PBJ Meal
Yogurt Kids Lunch
Friday Cookie

Sides
Golden Corn
Side Salad
Applesauce
Fresh Seasonal Fruit

Warm Cinnamon Roll

Monday, February 24
Choice of One
Chicken Nuggets w/ Mini Biscuit
Turkey & Cheese Sandwich
PBJ Meal

Sides
Baked Beans
Cucumber Slices
Chilled Peaches
Fresh Seasonal Fruit

Mini Pancakes

Tuesday, February 25
Choice of One
French Toast Sticks w/ Sausage
Cheeseburger
Yogurt Kids Lunch
Turkey Chef Salad

Sides
Tater Tots
Broccoli/Cauliflower
Diced Pears
Fresh Seasonal Fruit

Breakfast Sandwich

Wednesday, February 26
Choice of One
Cheese Quesadilla
Breaded Chicken Sandwich
PBJ Meal

Sides
Honey Glazed Carrots
Celery Sticks
Whole Fruit Cup
Fresh Seasonal Fruit

Mini French Toast

Thursday, February 27
Choice of One
Rotini Bake w/ Breadstick
Grilled Cheese
Yogurt Kids Lunch
Grilled Chicken Salad

Sides
Green Peas
Side Salad
Applesauce
Fresh Seasonal Fruit

Muffin w/ Scrambled

Friday, February 28
Choice of One
Mozzarella Pizza Bites
PBJ Meal
Yogurt Kids Lunch
Friday Cookie

Sides
Golden Corn
Side Salad
Applesauce
Fresh Seasonal Fruit

Warm Cinnamon Roll

Spice of Life
Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called “capsaicin” that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you’re done eating!

Floo Powder?
Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there’s no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

1. Wash your hands frequently.
2. Cover up when you sneeze or cough.
3. If you do get sick, stay home.

Kiwifruit
Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C in the US, but choose whole fresh oranges for a good shot of fiber, too.