

February,

Summit North Great Start Breakfast

February,



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Cinnamon Toast Crunch Cereal(22) 100% Orange-Tangerine Juice(15) 1% White Milk(11)</p> <p>3 280:285:48</p>	<p>WG Blueberry Muffin(30) Cinnamon Applesauce Cup(14) 1% White Milk(11)</p> <p>4 340:255:55</p>	<p>Dannon Nonfat Creamy Yoourt (12) Diced Peaches (7) 1% White Milk(11)</p> <p>5 200:195:30</p>	<p>Cinnamon Chex Cereal(23) Mandarin Oranges (10) 1% White Milk(11)</p> <p>6 265:300:44</p>	<p>7 538:423:80</p>
<p>Honey Cherrios Bowl (22) Tropical Fruit (7) 1% White Milk(11)</p> <p>10 240:290:40</p>	<p>WG Banana Muffin(31) Diced Pears (7) 1% White Milk(11)</p> <p>11 330:232:49</p>	<p>Dannon Nonfat Creamy Yoourt (12) 100% Orange Tangerine Juice(15) 1% White Milk(11)</p> <p>12 230:195:38</p>	<p>Rice Chex Cereal(24) Diced Peaches (7) 1% White Milk(11)</p> <p>13 230:375:42</p>	<p>14 <i>Valentine's Day</i></p>
<p>17</p>	<p>18</p>	<p>Dannon Nonfat Creamy Yoourt (15) Pineapple Tibits Cup (15) 1% White Milk(11)</p> <p>19 256:191:41</p>	<p>Honey Cherrios Bowl (22) Diced Pears (7) 1% White Milk(11)</p> <p>20 240:292:40</p>	<p>21</p>
<p>Rice Chex Cereal(24) Diced Pears (7) 1% White Milk(11)</p> <p>24 230:372:42</p>	<p>WG Banana Muffin(31) 100% Orange Tangerine Juice(15) 1% White Milk(11)</p> <p>25 360:235:57</p>	<p>Dannon Nonfat Creamy Yoourt (15) Mandarin Oranges (10) 1% White Milk(11)</p> <p>26 225:195:36</p>	<p>Cheerios Bowl(21) Pineapple Tidbits (8) 1% White Milk(11)</p> <p>27 235:260:40</p>	<p>28</p>

Happy Valentine's Day

Thought for Thought

Tips & Information

Since its inception, Black History Month has expanded beyond its initial acceptance in educational establishments. Carter Woodson's organization, now known as the Association for the Study of African American Life and History (ASALH), designates a theme each year. This year, February will be a celebration of Black History Month with the theme "African Americans and the Arts." The ASALH shares, "African American art is infused with African, Caribbean, and the Black American lived experiences.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:353 AvgSod(mg):315 AvgCarbs(g):55

"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & 1%Chocolate Milk available daily.



****Menu Subject to Change****

February,

Summit North Great Start Lunch

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Monday

Tuesday

Wednesday

Thursday

Friday

<p>Chicken Stir-Fry w/Veal(4) Brown Rice (24) Diced Peaches (7) 1% White Milk(11)</p> <p>3 350:218:46</p>	<p>Cheeseburger Mac (Ground Turkey & Seasoned Green Beans (1) Mandarin Oranges (10) 1% White Milk(11)</p> <p>4 480:969:49</p>	<p>Cheesy Chicken Breast (1) California Blend Vegetable (Carrots, Broccoli, Cauliflower) Wheat Bread Slice(12) Fresh Orange Smiles(11) 1% White Milk(11)</p> <p>5 389:527:36</p>	<p>Beef & Cheese Soft Taco with WG Chopped Romaine Salad with Tomato (1) Diced Pears (7) 1% White Milk(11)</p> <p>6 355:563:36</p>	<p>7 No Program 538:423:80</p>
<p>Vegetarian Chili(Kidney Beans. Black Beans. Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Soft Breadstick(14) Pineapple Tidbits (8) 1% White Milk(11)</p> <p>10 376:523:59</p>	<p>Cheesy Lasagna Rollup(32) Seasoned Steamed Broccoli (2) Diced Pears (7) 1% White Milk(11)</p> <p>11 395:556:52</p>	<p>Chicken Meatballs(12) Mashed Potatoes (15) WG Dinner Roll(14) Diced Peaches (7) 1% White Milk(11)</p> <p>12 610:1026:59</p>	<p>Chicken Fajita (3) Mexican Pinto Beans(18) Whole Grain Tortilla(15) Diced Melon 1% White Milk(11)</p> <p>13 411:813:47</p>	<p>14 Valentine's Day</p>
<p>17 No School</p>	<p>18 No School</p>	<p>Mini Cheese Calzones (26) Chopped Romaine Salad with Tomato (1) Fresh Apple slices(7) 1% White Milk(11)</p> <p>19 392:555:46</p>	<p>Half Turkey Sandwich on Wheat Bread Diced Carrots Tropical Fruit (7) 1% White Milk(11)</p> <p>20 185:375:18</p>	<p>21 No Program</p>
<p>Alfredo with WG Penne Pasta(30) Seasoned Green Beans (1) Diced Pears (7) 1% White Milk(11)</p> <p>24 427:1262:50</p>	<p>Diced Turkey and Gravy(4) Mashed Potatoes (15) Wheat Bread Slice(12) Diced Peaches (7) 1% White Milk(11)</p> <p>25 425:1196:49</p>	<p>Popcorn Chicken (14) Baked Beans(15) Fresh Orange Smiles(11) 1% White Milk(11)</p> <p>26 392:725:51</p>	<p>Chicken & Rice Casserole (53) Seasoned Steamed Broccoli (2) Applesauce Cup(14) 1% White Milk(11)</p> <p>27 538:423:80</p>	<p>28 No Program</p>

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AvgCals:451 AvgSod(mg):604 AvgCarbs(g):58

"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & 1%Chocolate Milk available daily.



Menu Subject to Change