February 2020

St. James School





School Information: February 14th- No School



dance, walk the dog, climb stairs or play in the snow if you have it. Fitness Tip: Try to be active for 60 minutes or more every day. Run,

Reference: USDA MyPlate

Monday

Sweet Potato Puffs Mixed Fruit Crazy Lunch Day



Tuesday

Steamed Rice **Orange Chick Nuggets Pineapple Tidbits Broccoli Bites**



Wednesday

Apple Slices Refried Black Beans Lettuce and Cheese Cup Walking Taco B





Friday

Breaded Pork Loin M Try Me Thursday! Cowboy Corn Salad -try me!



Baby Carrots Tomato Soup M Toasted Cheese Sandwich M Fresh Grapes

6 **Baked Ham** Green Beans Cheesy Potatoes M Applesauce

Mandarin Oranges **Broccoli and Cauliflower**

Cheese Pizza Bagel M



Glazed Carrots **BBQ** Chicken on Flatbread M

Pears

Red Velvet Cake M

Diced Peaches



12

Valentine Nuggets **Broccoli Bites**



NO SCHOOL



Pulled Pork Sandwich

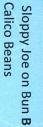
3

Baby Carrots

Baked Apples

Chicken and Noodles M/PTN

18



Strawberries Cookie P/TN/M

19

Apple Slices Hash Brown Sausage Patty French Toast M

20

21

Egg Roll in A Bowl **Broccoli Bites** Steamed Rice Fresh Pineapple Slices

Potato Wedges Hamburger on Bun

Green Beans

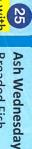
24

Wheat Roll

Green Beans

Mandarin Oranges

Chicken Quesadilla M Poblano Peppers Zippy Fire Roasted Corn with Applesauce



Steamed Peas **Breaded Fish**





Garden Salad and Dressing Diced Pears Crazy Lunch Day B 27



Scrambled Eggs M Cinnamon Roll M Cook's Choice of Vegetable

28

Melon Slice

Menu subject to change

M- Milk **Allergy Alerts**

PTN-Peanut, Tree Nut

