

# Sunderland Elementary

# February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1. Nachos & Cheese, Taco meat, Rice, Salsa, S. Cream, Gr. Beans, Peaches	2. Hot Dogs, Baked Beans, Cole Slaw, Carrots, Applesauce	3. Ravioli, Marinara, garlic bread, Corn Pears	4. Chicken Nuggets, potatoes & gravy, peas, cranberry sauce, apricots	5. W.G. Pizza, Homemade Chicken Soup, salad bar, choice of fruit
8. Macaroni & cheese, garlic bread, gr. Beans, pears	9. Waffle Stix, strawberries, sausage, hash brown, syrup, applesauce	10. Spaghetti, meat sauce, marinara, corn, peaches	11. Popcorn Chicken, Rice, peas, salad bar, mixed fruit	12. Grilled Cheese Sandwich, Tomato soup, baked chips, salad bar, Apple
15. Winter Recess	16	17	18	19
22. Chicken Patty, marinara, salad bar, carrots, baked chips, peaches	23. Fr. Toast stix, sausage, hash brown, applesauce, syrup	24. Soft Tacos, seasoned rice, salsa, s.cream, salad bar, peas, apricots	25. Mozzarella sticks, pasta side, marinara, gr. Beans, pears	26. W.G. Pizza, Tomato soup, pasta salad, salad bar, corn, Apple
1	2	3 MENU SUBJECT TO CHANGE! Student Lunch: \$2.75 includes drink	4	5 Deli Sandwiches & Chef Salads are offered daily as alternate meals

Families know that kids who EAT SMART and PLAY HARD do better in school!

Our school is preparing healthier meals by serving low-fat dairy products, more fruits and veggies, whole grains and dried beans (to increase fiber), and lower fat entrées. Contact the school food service department to see what healthy changes we are making!

There are lots of things you can do right around your house or neighborhood to get fit and have fun. This month bundle up and go ice-skating at a local park. Sledding is another fun fitness activity for the entire family.



What Food Am I?  
I am...

- Red
- Shaped like a small heart
- Great on shortcake
- High in potassium

Answer: Strawberries