

MENU ACMETONIA ELEMENTARY SCHOOL

February
2023



SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your



sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Lunch:

Alternate Choice:

- 1) Deli Hoagie
- 2) Peanut Butter & Jelly Sandwich

Available Daily:

Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads/Rolls
Milk Choice

Wednesday, February 1

Breakfast

Cinnamon Ultimate
Breakfast Round

Lunch

Toasted Italian
Hoagie

Baked Fries

Fruit / Milk Choice

Thursday, February 2

Breakfast

Wholegrain Flavored
Pop Tarts

Lunch

Hot Dog on a
Wholegrain Bun

Baked Beans

Fruit / Milk Choice

Friday, February 3

Breakfast

Super Bakery
Banana Bread

Lunch

Thick Crust
Pizza

Steamed Vegetables

Fruit / Milk Choice

NUTRITION TO GO

Eat fresh vegetables as soon as possible after they're purchased. Some veggies, like spinach and green beans, lose up to 75% of their vitamin C within a week of being harvested, even when kept in the refrigerator, and you don't know how many days they spent in transit and in the store.

A QUICK BITE FOR PARENTS

Monday, February 6

Breakfast

General Mills
Cereal Bar

Lunch

Chicken Nuggets with
Buttered Noodles

Baby Carrot Sticks

Fruit / Milk Choice

Tuesday, February 7

Breakfast

Baked Cinnamon
Donut Holes

Lunch

Orange Asian
Chicken over Rice

Punch Vegetable Juice

Fruit / Milk Choice

Wednesday, February 8

Breakfast

Breakfast Pizza
Square

Lunch

Cheeseburger on a
Wholegrain Bun

Baked Smiley Potatoes

Fruit / Milk Choice

Thursday, February 9

Breakfast

Baked Wholegrain
Apple Turnover

Lunch

Beef Ravioli with
Toasted Breadstick

Vegetable Choice

Fruit / Milk Choice

Friday, February 10

Breakfast

Wholegrain Dutch
Waffle with Syrup

Lunch

Cheese Stuffed
Pizza Crunchers

Steamed Vegetables

Fruit / Milk Choice

Brain Ticklers



Which
month has
28 days?

(Hold the page upside
down and read it in a
mirror for the answer!)

Try it all day!

Breakfast:

Choose at least 3 of 4
available component

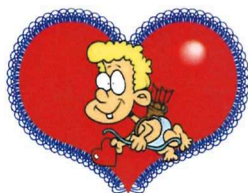
Daily breakfast
entrée or variety of
alternate choices

Fruit or
100% Fruit Juice
Milk Choice

Many Moons

Native Americans had special names for every full moon of the year. One name for the February full moon is the "Shoulder to Shoulder Around the Fire" Moon

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

STRANGE

BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS
- AND EVEN DANGLE FROM ABOVE BY A SINGLE TOE!
- THANKS TO 500,000 TINY HAIRS ON THE SOLES
OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY
ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE,
ENABLING THE GECKO'S FEET TO HOLD ON TO
INVISIBLE NOOKS AND CRANNIES ON ANY SURFACE -
EVEN THE GLASS WALLS OF AN AQUARIUM.

Monday, February 13

Breakfast

Wholegrain Rich
Breakfast Bar

Lunch

Breakfast Sandwich
with Hash Browns

Applesauce Cup

Fruit / Milk Choice

Tuesday, February 14

Breakfast

Mini Waffle Bites
with Syrup Cup

Lunch

Beef & Cheese
Nachos

Steamed Vegetables

Fruit / Milk Choice

Wednesday, February 15

Breakfast

Flavored Wholegrain
Breakfast Muffin

Lunch

Meatball Hoagie on a
Wholegrain Bun

Baked Fries

Fruit / Milk Choice

Thursday, February 16

Breakfast

Sausage & Pancake
Flap Stick

Lunch

Thin Crust
Pizza

Steamed Vegetables

Fruit / Milk Choice

HAPPY
VALENTINE'S DAY!



FEBRUARY 14



NO SCHOOL TODAY

Tuesday, February 21

Breakfast

Cocoa Cherry
Breakfast Bar

Lunch

Breaded Corn
Dog Nuggets

Baked Beans

Fruit / Milk Choice

Wednesday, February 22

Breakfast

Mini Wholegrain
Cinnamon Roll

Lunch

Fish Sticks with
Macaroni & Cheese

Baby Carrot Sticks

Fruit / Milk Choice

Thursday, February 23

Breakfast

Breakfast Pizza
Square

Lunch

Barbecue Chicken
Sandwich

Baked Tater Tots

Fruit / Milk Choice

Friday, February 24

Breakfast

Baked Wholegrain
Apple Turnover

Lunch

BOSCO Sticks with
Pizza Sauce Cup

Steamed Vegetables

Fruit / Milk Choice

Monday, February 27

Breakfast

General Mills
Cereal Bar

Lunch

Breaded Popcorn
Chicken Bites

Whip Potatoes & Gravy

Fruit / Milk Choice

Tuesday, February 28

Breakfast

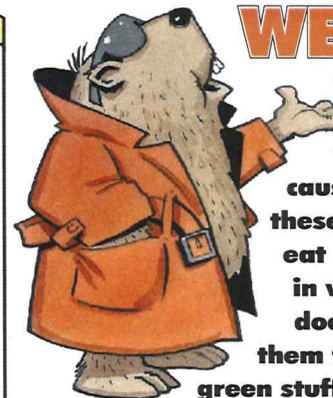
Mini French Toast Bites
with Syrup Cup

Lunch

Soft Shell Beef Taco with
Lettuce & Cheddar Cheese

Vegetable Choice

Fruit / Milk Choice



WEATHERMAN

When groundhogs start
popping up to check out
the weather, they have good
cause to pay close attention:
these 6-12 pound rodents need to
eat about a third of their weight
in vegetation every day. So it
doesn't make much sense for
them to pop up for good until the
green stuff is starting to pop up, too!

ANIMAL APPETITES