



Monday	Tuesday	Wednesday	Thursday	Friday
		Pepperoni Pizza Or Cheese Pizza (v) Green Beans Pineapple <u>Milk</u> Fresh Fruits and Vegetables Yogurt w/Graham Cracker	Chicken Burger or Yogurt Fun Lunch Mixed Veggies <u>Milk</u> Fresh Fruits and Vegetables Cherry Turnover	Chicken Nuggets Peas and Corn Peach Cup <u>Milk</u> Fresh Fruits and Vegetables Early Release Pancakes and Sausage
	Spaghetti Green Beans WW Roll <u>Milk</u> Fresh Fruits and Vegetables Biscuits and Gravy	Chicken Fajita or Burrito Seasoned Corn Chilled Pears <u>Milk</u> Fresh Fruits and Vegetables McAdna	Sausage Pizza or Cheese Pizza (v) Carrot Coins Pineapple <u>Milk</u> Fresh Fruits and Vegetables Yogurt w/Graham Cracker	Turkey & Cheese on WW Bun Teriyaki Chicken Bowl Carrots Chips <u>Milk</u> Fresh Fruits and Vegetables Muffin
Lasagna Green Beans Strawberry Cups <u>Milk</u> Fresh Fruits and Vegetables Omelet w/Sausage	Valentine's Day Enchilada Pie w/Salsa or Burrito Chilled Pears <u>Milk</u> Fresh Fruits and Vegetables McAdna	Pepperoni Pizza Or Cheese Pizza (v) Green Beans Pineapple <u>Milk</u> Fresh Fruits and Vegetables Yogurt w/Graham Cracker	Teriyaki Dippers Steamed Rice Peas and Carrots Peach Cup <u>Milk</u> Fresh Fruits and Vegetables Cherry Turnover	No School
	Soft Beef Taco w/Salsa or Burrito Chilled Pears <u>Milk</u> Fresh Fruits and Vegetables McAdna	Hawaiian Pizza or Cheese Pizza (v) Carrot Coins Pineapple <u>Milk</u> Fresh Fruits and Vegetables Yogurt w/Graham Cracker	Focaccia Sandwich Carroteenies Cookies <u>Milk</u> Fresh Fruits and Vegetables Muffin	Chili w/ Cornbread or Fish Burger Golden Corn <u>Milk</u> Fresh Fruits and Vegetables Pancakes and Sausage
Sloppy Joes Seasoned Peas Icie Juicie <u>Milk</u> Fresh Fruits and Vegetables Combo Bar	Super Nachos or Burrito Golden Corn Chilled Pears <u>Milk</u> Fresh Fruits and Vegetables McAdna	it's a LEAP YEAR! Sausage Pizza or Cheese Pizza (v) Carrot Coins Pineapple <u>Milk</u> Fresh Fruits and Vegetables Yogurt w/Graham Cracker	 <p>CROSSWORD Words with connection to dairy.</p> 	

FILL IN THE BLANK

Top your daily cup of _____ with a quarter-cup of _____, a handful of nuts, and some frozen _____ or dried _____ for a quick, delicious and sustaining _____. Creamy yogurt, _____, and freshly ground sea salt and _____ make a great topping for baked _____, yams or other cooked _____.

breakfast potatoes yogurt fruit vegetables granola pepper berries chives



CROSSWORD ANSWERS:
 DOWN 1. bacteria, 2. protein, 4. life
 ACROSS 2. parfait, 3. frozen, 6. milk

1. _____

2. _____

3. _____

4. _____

5. _____

DOWN

- Always eat yogurt with live and active _____.
- Low-fat yogurt is an excellent source of calcium and _____.
- Some studies show that eating yogurt daily can help you lead a longer _____.

ACROSS

- In a glass, alternate layers of yogurt and your favorite fruits to create a beautiful _____.
- A healthy alternative to ice cream is to eat _____ yogurt.
- Yogurt can be made by any mammal that produces _____.



Breakfast Prices: \$1.45 paid, \$.00 reduced*, \$.00 free*, \$1.85 Adults, **Lunch Prices:** \$2.50 paid, \$0..40 reduced*, \$.00 free*, \$0.00 Adults

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (360) 508-1673

The School Lunch Program is operated "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-4100 or call (800) 795-5272 or (202) 735-6898 (TDD). USDA is an equal opportunity provider."

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Questions? Call (360)508-1673

