








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Pizza Fruit	2 French Toast Sausage Links Fruit	3 Breakfast Burrito Fruit
6 Cereal String Cheese Fruit	7 Pan Dulce Sausage Links Fruit	8 Turkey Frittata Fruit	9 Egg Biscuit Fruit	10 Plain Bagel Cream Cheese Fruit
13 Lincoln's Birthday 	14 Cereal String Cheese Fruit	15 Go Big Yogurt Granola Fruit	16 Breakfast on a Stick Fruit	17 Bean & Cheese Burrito Fruit
20 President's Day 	21 Cereal String Cheese Fruit	22 Ham, Egg & Cheese Combo Fruit	23 Breakfast Pizza Fruit	24 Raspberry Trix Yogurt Graham Cracker Fruit
27 Cereal String Cheese Fruit	28 Breakfast Burrito Fruit			

*Milk is offered at each meal. "USDA is an equal opportunity provider and employer"
Menu is subject to change.*

 = made from scratch

Lunch Menu *Salad Bar & Fruit is offered at each Lunch*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  Chicken Fajitas Brown Rice	2  Chicken Crispito Pinto Beans	3  Grilled Cheese Sun Chips Chocolate Milk
6 Domino's Pepperoni Pizza	7 Golden Mac & Cheese Whole Kernel Corn	8  Pozole Cabbage Tortilla Chips	9  Arroz con Pollo Pinto Beans	10  Turkey/Cheese Sandwich Sun chips Chocolate Milk
13 Lincoln's Birthday 	14  Crispy Beef Taco Pinto Beans Lettuce & Cheese	15  Chicken Tenders Perfect Potato Wedges	16 Gnarly Nachos	17  Ham/Cheese Sandwich Carrot Sticks Sun Chips Chocolate Milk
20 President's Day 	21 Bean Tostada Whole Kernel Corn	22  Spaghetti & Meatballs Dinner Roll	23  Chili Beans Cornbread Muffin	24  Grilled Cheese Sun Chips Chocolate Milk
27 Hamburger Oven Fries Lettuce & Pickle	28  Beef Soft Taco Pinto Beans Lettuce & Cheese	<p><i>If you have only one smile in you, give it to the people you love Maya Angelou</i></p>		

FEBRUARY ACTIVITIES/HOLIDAYS

- 8 – School Board Meeting 5:30 p.m. MPR
- 13 – Abraham Lincoln’s Birthday – NO SCHOOL
- 20 – President’s Day Holiday – NO SCHOOL
- 23 – PTO General Meeting 5:30 p.m. MPR
- 24 – Student of the Month Assemblies
(Grades 3, 4, 5 at 9:00 a.m.;
Grades TK, K, 1, 2, at 9:30 a.m.)
- 27 – Coffee with the Principal 8:30 a.m. in MPR
- 27-March 3 – Read Across America Week

ACTIVIDADES/DIAS FESTIVOS EN FEBRERO

- 8 – Reunión del consejo escolar del distrito 5:30 p.m. en SMU
- 13 – Día de Abraham Lincoln – NO HABRA CLASES
- 20 – Día de los presidentes – NO HABRA CLASES
- 23 – Reunión general de la organización de padres y maestros
(PTO) 5:30 p.m. SMU
- 24 – Asamblea del estudiante del mes (grados 3, 4, 5 a las 9:00 a.m.;
Grados TK, K, 1, 2, a las 9:30 a.m.)
- 27 – Café con la directora 8:30 a.m. SMU
- 27-3 de marzo Semana de leer a través de América

EAT YOUR BROCCOLI

Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)
Calories 15 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%



Broccoli Brain-Buster

(answers below)

1. Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
2. Broccoli provides _____.
A.) fiber B.) vitamin A C.) vitamin C D.) all three
3. Which state grows the most broccoli in the United States?
A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C, 2. D, 3. A

Reasons to Eat Broccoli

A ½ cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.

Folate Champions*:

Avocados, broccoli, dry beans, fortified whole grain breads and cereals, orange juice, peanuts, and spinach.

*Folate Champions are a good or excellent source of folate (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of broccoli is about the size of one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. All kids should be active for at least 60 minutes every day.

Visit www.mypyramid.gov/kids to find out how many cups of fruits and vegetables you need to eat every day. Write it down on paper and make a plan to reach your daily amount. And don't forget to be active every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

California Food Fun

California produces more than 250 crops and livestock products and is the #1 agricultural state in the country. Unscramble the letters of some of these fruits and vegetables grown in California:

1. NRAGOES _____
2. AGPRES _____
3. IERAWBSTRRES _____
4. EHACPSE _____
5. RPEAS _____
3. EYRELC _____
7. LPMUS _____
3. URECOFILALW _____

Answers: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. plums, 8. cauliflower.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

