



FEBRUARY 2020

GOOD EATS AT

EHS LUNCH MENU

SPECIAL ANNOUNCEMENTS

It's **LORENA LIGHTNING**

YOU ART WHAT YOU EAT
ART CONTEST

Art Contest ENTER TODAY
SquareMeals.org / ArtContest

M	T	W	TH	F
½ pc Chicken Spaghetti 1/8 c Spinach Salad ¼ slc Garlic Bread 1/8 c Pears 4 oz milk 3	1 Soft Beef Taco 1/8 c Black Beans 1/8 c Diced Peaches 4 oz Milk 4	1/3 c Beef Goulash 1/8 c Carrots 1/8 c Strawberries ½ WW Roll 4 oz Milk 5	6 Popcorn Chicken 1/8 c Sweet Potato Fries 1/8 c Broccoli 1/8 c Mangos ½ slc WW Bread 4 oz Milk 6	½ Grilled Ham & Cheese Sandwich .5 oz Crackers 1/8 c Tomato Soup 1/8 c Apple Slices 4 oz Milk 7
½ Pulled Pork Slider 1/8 c Coleslaw 1/8 c Cinnamon Applesauce 4oz Milk 10	1 oz Grilled Chicken Patty 1/8 c Green Beans ¼ c Brown Rice 1/8 c Strawberries ½ slc WW Bread 4 oz Milk 11	¼ Beef Spaghetti 1/8 c Broccoli & Cheese ½ WW Roll 1/8 c Pears 4 oz Milk 12	½ Chicken Enchilada 1/8 c Refried Beans 1/8 c Tossed Salad 1/8 c Pineapple Cubes 4 oz Milk 13	2 Steak Fingers 1/8 c Mashed Potatoes 1/8 c Apricots ¼ slc Texas Toast 4 oz Milk 14
½ Chicken Quesadilla ¼ c Spanish Rice 1/8 c Diced Tomatoes 1/8 c Peaches 4 oz Milk 17	½ Sloppy Joe 1/8 c Baked Beans 1/8 c Carrot Sticks 1/8 c Diced Pineapple 4 oz Milk 18	4 Beef Ravioli Pies 1/8 c Corn 1/8 c Mangos ¼ slc Garlic Bread 4 oz Milk 19	1 c Potato & Ham Soup 1/8 c Apricots ½ WW Roll 4 oz Milk 20	1 slc Cheese Pizza 1/8 c Tossed Salad 1/8 c Pears 4 oz Milk 21
1.5 oz Ham Slice ¼ c Macaroni & Cheese 1/8 c Snap Peas 1/8 c Mixed Fruit ½ WW Roll 4 oz Milk 24	2 Chicken Nuggets 1/8 c Sweet Potato Fries 1/8 c Tossed Salad 1/8 c Kiwi ½ WW Roll 4 oz Milk 25	1 oz Hamburger 1 Lettuce Leaf & Tomato 1/8 WW Bun 1/8 c Tater tots 1/8 c Pineapple Bits 4 oz Milk 26	1 pc Lasagna 1/8 Peas & Carrots 1/8 c Apricots ¼ WW Roll 4 oz Milk 27	½ Bean & Cheese Burrito 1/8 Lettuce/Tomato 1/8 Fresh Apple Slices 4 oz Milk 28

GET READY

SCHOOL BREAKFAST WEEK
MARCH 2-6
SquareMeals.org/SBW



Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.

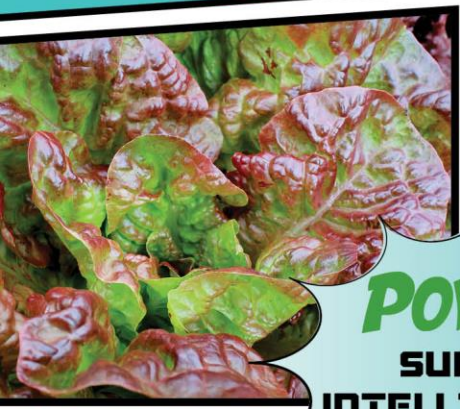


WHAT TO KNOW

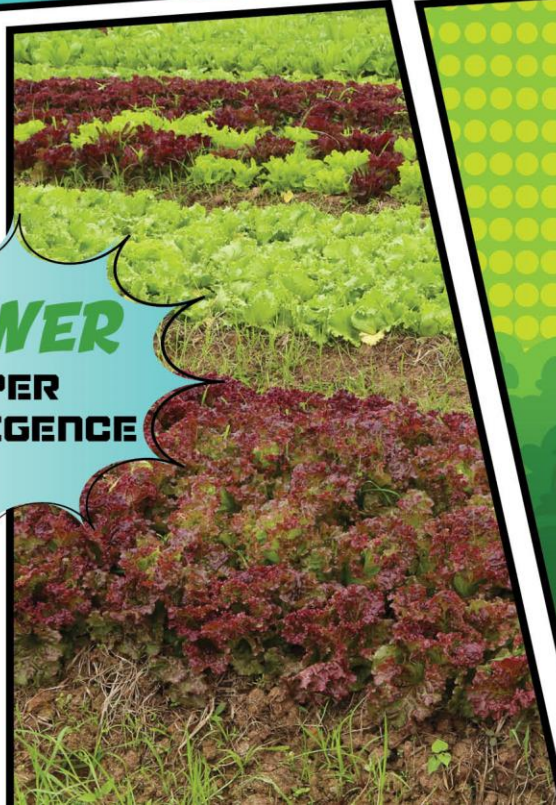
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

FUN FACT

Red leaf lettuce has the same nutrition profile as green leaf lettuce and romaine.



**POWER
SUPER
INTELLIGENCE**



JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

FIND THE SIX DIFFERENCES

