

# MENUS FOR FEBRUARY 2015

Prince George's County Elementary Schools (K-8)

USDA is an equal opportunity provider and employer. Menus are subject to change.

**Monday, February 2**

Entrée Choices  
 Stuffed Crust Cheese Pizza+  
 Turkey Bacon Club Wrap  
 PB & J Sandwich & Cheese Stick+  
 Popcorn Chicken Salad Platter & Tortilla Chips

Sides  
 Steamed Spinach  
 Steamed Mixed Vegetables  
 Orange Smiles

**Tuesday, February 3**

Entrée Choices  
 Chicken Nuggets & Whole Wheat Roll  
 Chicken Salad Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Chef Salad Platter<sup>2</sup> & Pretzel Rods

Sides  
 Vegetarian Baked Beans  
 Steamed Carrots  
 Fresh Pear

# MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

**Wednesday, February 4**

Entrée Choices  
 Soft Shell Taco  
 Turkey Ham & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Chicken Salad Platter & Pretzel Rods

Sides  
 Steamed Broccoli  
 Steamed Sweet Corn  
 Pineapple Tidbits

**Thursday, February 5**

Entrée Choices  
 New Orleans Chicken & Steamed Rice  
 Turkey & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Cheese & Veggie Salad Platter+ & Pretzel Rods

Sides  
 Steamed California Blend Vegetables  
 Steamed Green Peas  
 Fresh Kiwi

**Friday, February 6**

Entrée Choices  
 Toasted Cheese Sandwich+  
 Turkey Italian Cold Cut Sub  
 PB & J Sandwich & Cheese Stick+  
 Fiesta Chicken Salad Platter & Pretzel Rods

Sides  
 Steamed Green Beans  
 Tomato Soup+  
 Applesauce

**MANY MOONS**

Native Americans had special names for every full moon of the year. The February full moon was known by some as the "Bony Moon" or "Moon of Great Famine" because food was so scarce.

**Monday, February 9**

Entrée Choices  
 Teriyaki Beef Bites<sup>1</sup> & Whole Wheat Roll  
 Turkey Bacon Club Wrap  
 PB & J Sandwich & Cheese Stick+  
 Popcorn Chicken Salad Platter & Tortilla Chips

Sides  
 Steamed California Blend Vegetables  
 Sweet Potato Fries  
 Pineapple Tidbits

**Tuesday, February 10**

Entrée Choices  
 Oven Fried Chicken & Whole Wheat Roll  
 Tuna Salad Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Chef Salad Platter<sup>2</sup> & Pretzel Rods

Sides  
 Steamed Spinach  
 Mashed Potatoes w/Gravy  
 Orange Smiles

**Available Daily**

PB & J Sandwich and Cheese Stick+  
 Garden Salad w/Fresh Tomatoes offered w/Reduced Fat Dressing  
 Seasonal Fresh Fruit Bowl and Fruit Cup  
 100% Fruit Juice is offered on Tuesday and Thursday  
 +Item is Meatless  
 \*Item Contains Pork  
 †Item Contains Beef  
 ‡Item Contains Turkey

Full student lunch includes choice of entrée (meat or meat substitute w/grain item), up to two vegetables, one fruit, and choice of milk. Elementary students in grades 6-8 will be offered an additional grain with the cold Deli Sandwiches

**"From the first, I made my learning, what little it was, useful every way I could."**

Mary Bethune was the 15th of 17 children born to two ex-slaves in South Carolina in 1875. In 1904, she started a school for African-American girls in Florida which later became Bethune-Cookman College. She later served as an adviser to President Franklin Roosevelt and as a consultant to the panel developing the United Nations charter.



**AFRICAN AMERICAN HISTORY MONTH**  
 Learn more at [www.usca.sc.edu/aasc/bethune.htm](http://www.usca.sc.edu/aasc/bethune.htm) or do a search for Mary Bethune

**Wednesday, February 11**

Entrée Choices  
 Pork BBQ Rib Sandwich\*  
 Turkey Ham & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Tuna Salad Platter & Pretzel Rods

Sides  
 Vegetarian Baked Beans  
 Steamed Peas & Carrots  
 Tropical Fruit Salad

**Thursday, February 12**

Entrée Choices  
 Cheese Pizza+  
 Turkey & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Cheese & Veggie Salad Platter+ & Pretzel Rods

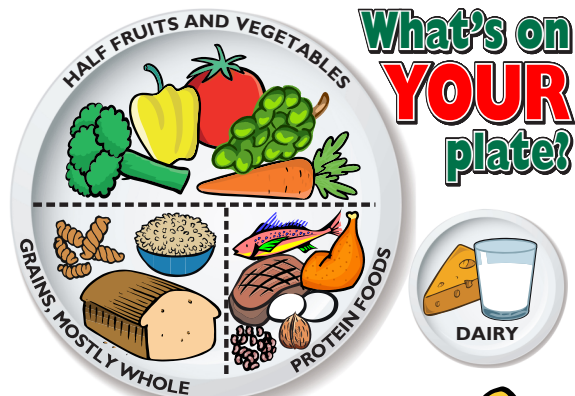
Sides  
 Steamed Sweet Corn  
 Carrot Sticks w/Dip  
 Mandarin Oranges

Today's Dessert  
 President's Smart Cookies

**Friday, February 13**

**Professional Development Day**

**No School Today**



# Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, February 16



**NO SCHOOL TODAY**

Tuesday, February 17

Entrée Choices  
 Turkey Corn Dog Nuggets  
 Chicken Salad Wrap  
 PB & J Sandwich & Cheese Stick+  
 Chef Salad Platter<sup>2</sup> & Pretzel Rods

Sides  
 Vegetarian Baked Beans  
 Steamed Carrots  
 Pineapple Tidbits

Every complete meal we serve comes with your choice of milk!



Wednesday, February 18

Entrée Choices  
 Stuffed Crust Cheese Pizza+  
 Turkey Ham & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Chicken Salad Platter & Pretzel Rods

Sides  
 Steamed Broccoli  
 Steamed Sweet Corn  
 Fresh Pear

Thursday, February 19

Entrée Choices  
 Japanese Cherry Blossom Chicken & Steamed Rice  
 Turkey & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Cheese & Veggie Salad Platter+ & Pretzel Rods

Sides  
 Steamed California Blend Vegetables  
 Steamed Green Peas  
 Mandarin Oranges

**DON'T GET!**

Take at least **ONE FRUIT or VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Friday, February 20

Entrée Choices  
 Fish Filet Sandwich+  
 Turkey Italian Cold Cut Sub  
 PB & J Sandwich & Cheese Stick+  
 Fiesta Chicken Salad Platter & Pretzel Rods

Sides  
 Steamed Green Beans  
 Tomato Soup+  
 Hot Cinnamon Apples

Monday, February 23

Entrée Choices  
 Turkey Lasagna Roll Up & Garlic Breadstick  
 Turkey Bacon Club Wrap  
 PB & J Sandwich & Cheese Stick+  
 Popcorn Chicken Salad Platter & Tortilla Chips

Sides  
 Steamed Mixed Vegetables  
 Fresh Broccoli & Cauliflower Florets w/Dip  
 Pineapple Tidbits

Tuesday, February 24

Entrée Choices  
 Cheese Pizza+  
 Tuna Salad Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Chef Salad Platter<sup>2</sup> & Pretzel Rods

Sides  
 Steamed Squash & Zucchini  
 Steamed Sweet Corn  
 Orange Smiles

Wednesday, February 25

Entrée Choices  
 Tangerine Chicken & Steamed Rice  
 Turkey Ham & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Tuna Salad Platter & Pretzel Rods

Sides  
 Steamed Broccoli  
 Sweet Potato Fries  
 Tropical Fruit Salad

Thursday, February 26

Entrée Choices  
 Turkey Carnitas Nachos  
 Turkey & Cheese Sandwich  
 PB & J Sandwich & Cheese Stick+  
 Cheese & Veggie Salad Platter+ & Pretzel Rods

Sides  
 Tex Mex Black Beans+  
 Steamed Carrots  
 Mandarin Oranges

# BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



Friday, February 27

Entrée Choices  
 Fish Nuggets & Whole Wheat Roll  
 Turkey Italian Cold Cut Sub  
 PB & J Sandwich & Cheese Stick+  
 Fiesta Chicken Salad Platter & Whole Wheat Roll

Sides  
 Seasoned Potato Wedges  
 Steamed Green Beans  
 Fresh Apple