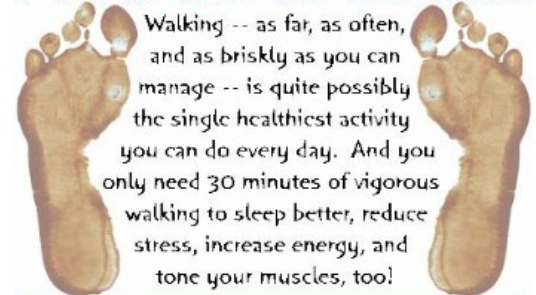


# Menus for February 2012

## Belle Valley School 5th-8th grade

### MAKE SOME TRACKS.



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

**Available Daily**  
For Breakfast, we offer additional entrée choices of:

- Toast or Cinnamon Toast
- Whole Grain Cereals

Breakfast includes milk & fruit or juice choice

For Lunch, we offer additional entrée choices of:

- Peanut Butter & Jelly Sandwich
- Chef Salads on Mon, Wed & Fridays
- Chicken Caesar Salads on Tuesdays & Thursdays



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 SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

**Wednesday, February 1**

**Breakfast**  
Scrambled Eggs with Toast

**Lunch**  
Crunchy Beef Tacos with Lettuce and Cheese  
or  
Sub Sandwich  
Carrot Coins  
Cinnamon Applesauce  
Cold Milk

**Thursday, February 2**

**Breakfast**  
Triple Berry Blast  
French Toast

**Lunch**  
Cheeseburger  
or  
Fish Sandwich  
Reduced Fat Cheez-Its  
Whole Kernel Corn  
KiwiFruit  
Cold Milk

**Friday, February 3**

**Breakfast**  
Sausage Biscuit

**Lunch**  
Chicken Noodle Soup & Crackers  
or  
Country Steak Sandwich  
Baby Carrots  
Mixed Fruit  
Cold Milk

**NUTRITION TO GO**

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

**A TASTY MORSEL FOR PARENTS**

**Monday, February 6**

**Breakfast**  
Bagel with Cream Cheese

**Lunch**  
Pepperoni Pizza  
or  
Chicken Sandwich  
Green Beans  
Chilled Peaches  
Cold Milk

**Tuesday, February 7**

**Breakfast**  
Toasted Cheese Sandwich

**Lunch**  
French Toast Sticks with Sausage  
or  
Mega Turkey Wrap  
Tatar Tots  
Orange Smiles  
Cold Milk

**Wednesday, February 8**

**Breakfast**  
Chicken Biscuit Sandwich

**Lunch**  
Corn Dog  
or  
Hot Ham and Cheese Sandwich  
Whole Kernel Corn  
Pineapple Tidbits  
Vanilla Pudding  
Cold Milk

**Thursday, February 9**

**Breakfast**  
Cheesy Scrambled Eggs With Toast

**Lunch**  
Chicken Strips with Bread Slice  
or  
BBQ Pork Sandwich  
Heartzels Pretzels  
Baked Beans  
Chilled Pears  
Cold Milk

**Friday, February 10**

**Breakfast**  
Pancake and Sausage On a Stick

**Valentine's Lunch**  
Spaghetti with Meat Sauce and French Bread  
or  
Grilled Chicken Sandwich  
Carrot Coins  
Applesauce  
Valentine's Cake  
Cold Milk

HAPPY  
VALENTINE'S  
DAY!



FEBRUARY 14

365.2422

That's how many days it takes  
the earth to orbit the sun...  
and that's why we have  
leap year. We add a  
day to the month of  
February every four  
years to make up for  
the .2422 days that just  
won't fit in our regular year!



LEAP YEAR 2012

Monday, February 13

**Breakfast**  
Warm Oatmeal with Toast

**Lunch**  
Double Stuffed  
Cheese Pizza  
or  
Meatball Sandwich  
Green Beans  
Chilled Pineapple  
Cold Milk

Tuesday, February 14

**Breakfast**  
Breakfast Pizza

**Lunch**  
Cheese Quesadilla  
or  
Sloppy Joe Sandwich  
Whole Kernel Corn  
Chilled Pears  
Cold Milk

Wed., February 15

**Breakfast**  
Ham and Cheese Biscuit

**Lunch**  
Soft Beef Tacos with  
Lettuce and Cheese or  
Deli Turkey and Cheese  
Sandwich  
Refried Beans  
Chilled Peaches  
Cinnamon Apple Churros  
Cold Milk

Thursday, February 16

**Breakfast**  
Yogurt Parfait with Toast

**Lunch**  
Cheesburger on Bun  
or  
Hot Ham and Cheese  
Sandwich  
Green Peas  
Apple Half  
Cold Milk

Friday, February 17

**Breakfast**  
Banana Bread

**Lunch**  
Roast Turkey and Gravy  
with Bread Slice  
or  
Hot Dog  
Mashed Potatoes & Gravy  
Mixed Fruit  
Vanilla Wafers  
Cold Milk

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

**Breakfast**  
Presidential Donut

**Lunch**  
Chicken Nuggets  
with Bread Slice  
or  
BBQ Ribette Sandwich  
Baked Beans  
Cinnamon Applesauce  
Cold Milk

Wed., February 22

**Breakfast**  
Sausage Biscuit

**Lunch**  
The "Max" Mozzarella Sticks  
With Dipping Sauce  
or  
Fish Sandwich  
Mixed Vegetables  
Pineapple Tidbits  
Frozen Fruit Juice Bar  
Cold Milk

Thursday, February 23

**Breakfast**  
Scrambled Eggs  
with Toast

**Lunch**  
Burrito with Chili  
or  
Baked Potato with Cheese  
Carrot Coins  
Orange Smiles  
Cold Milk

Friday, February 24

**Breakfast**  
Whole Grain Pancakes  
with Syrup

**Lunch**  
Fettuccine Alfredo with  
Breakstick or  
Shrimp Poppers  
with Bread Slice  
Green Beans  
Fruit Crisp  
Cold Milk

Monday, February 27

**Breakfast**  
Yogurt with Toast

**Lunch**  
Pepperoni Pizza  
or  
Hot Ham & Cheese Sandwich  
Whole Kernel Corn  
Cinnamon Applesauce  
Cold Milk

Tuesday, February 28

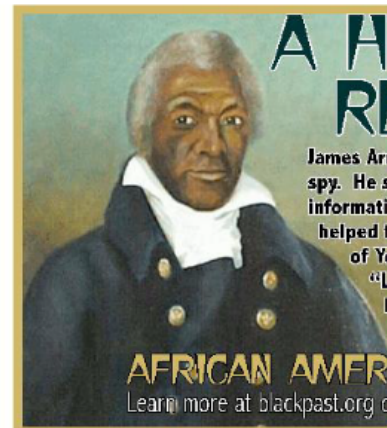
**Breakfast**  
Bagel with Cream Cheese

**Lunch**  
Cheesburger  
or  
BBQ Ribette Sandwich  
Potato Wedges  
Chilled Peaches  
Go-Gurt Yogurt  
Cold Milk

Wed., February 29

**Breakfast**  
Breakfast Pizza

**Lunch**  
Chili with Crackers  
or  
Mega Turkey Wrap  
Baby Carrots  
Pineapple Tidbits  
Cold Milk



A HERO OF THE  
REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at [blackpast.org](http://blackpast.org) or do a search for James Armistead Lafayette