

# Alief Montessori Community School

## February 2020 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3 Spaghetti/Turkey Garbanzo Beans Lettuce/Tomato Salad Wheat Bread Mixed Fruit Milk, 1% or Fat Free	Feb - 4 Chicken Nuggets Macaroni/Cheese Carrots Broccoli Peaches Milk, 1% or Fat Free	Feb - 5 Sloppy Joe Pinto Beans Carrots Green Beans Peaches Milk, 1% or Fat Free	Feb - 6 Chicken & Gravy Brown Rice Carrots, Broccoli & Cauliflower Hot Roll Pineapple Milk, 1% or Fat Free	Feb - 7 Cheese Pizza Celery Sticks Baby Carrots Orange Ranch Dressing Milk, 1% or Fat Free
Feb - 10 BBQ Chicken Sandwich Carrots Broccoli Vegetarian Beans Peaches Milk, 1% or Fat Free	Feb - 11 Chicken Chili Crispito Refried Beans Spanish Rice Shredded Lettuce Tomato Pineapple Milk, 1% or Fat Free	Feb - 12 Oven Baked Chicken Macaroni/Cheese Broccoli Carrots Mixed Fruit Hot Roll Milk, 1% or Fat Free	Feb - 13 Fish Sticks Corn Green Beans Pineapple Wheat Bread Milk, 1% or Fat Free Ketchup	Feb - 14 Turkey/Cheese Sandwich Potato Tator Tots Baby Carrots Celery Sticks Orange Ketchup Ranch Dressing Milk, 1% or Fat Free
Feb - 17 President's Day	Feb - 18 Chicken/Noodles Carrots Green Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Feb - 19 Fajita Chicken Strips Spanish Rice Refried Beans Shredded Lettuce Tomato Wheat Bread Pineapple Milk, 1% or Fat Free	Feb - 20 Turkey Taco Meat Cheese Sauce Tortilla Chips Shredded Lettuce Tomato Peaches Milk, 1% or Fat Free	Feb - 21 Cheese Pizza Garbanzo Beans Celery Sticks Baby Carrots Orange Ranch Dressing Milk, 1% or Fat Free
Feb - 24 Turkey Lasagna Green Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Feb - 25 Cheese Burger Shredded Lettuce Tomato Slices French Fries Peaches Milk, 1% or Fat Free	Feb - 26 Chicken/Cheese Quesadilla Refried Beans Spanish Rice Tomato Shredded Lettuce Pineapple Milk, 1% or Fat Free	Feb - 27 Spaghetti/Turkey Garbanzo Beans Corn Wheat Bread Green Beans Mixed Fruit Milk, 1% or Fat Free	Feb - 28 Turkey/Cheese Sandwich Potato Tator Tots Baby Carrots Celery Sticks Orange Ketchup Ranch Dressing Milk, 1% or Fat Free

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**\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

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Lorena was a regular head of lettuce in the Healthyville fields when one day, lightening 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



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## February 2020 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3 Chex Mix, Strawberry/ Fruit Punch	Feb - 4 Cheeze-it Crackers Orange Juice	Feb - 5 Snack Mix Fruit Punch	Feb - 6 Cheddar Chex Mix Apple Juice	Feb - 7 Boiled Egg Apple Juice
Feb - 10 Cheeze-it Crackers Orange Juice	Feb - 11 Chex Mix, Strawberry/ Orange Juice	Feb - 12 Snack Mix Fruit Punch	Feb - 13 Strawberry Yogurt Apple Juice	Feb - 14 Lil Graham Square Apple Juice
Feb - 17 President's day	Feb - 18 Chex Mix, Strawberry Fruit Punch	Feb - 19 Snack Mix Fruit Punch	Feb - 20 Boiled Egg Apple Juice	Feb - 21 Cheddar Chex Mix Apple Juice
Feb - 24 Chex Mix, Strawberry Fruit Punch	Feb - 25 Cheeze-it Crackers Orange Juice	Feb - 26 Snack Mix Fruit Punch	Feb - 27 Cheddar Chex Mix Apple Juice	Feb - 28 Strawberry Yogurt Apple Juice

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# Alief Montessori Community School

## February 2020 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3  Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Feb - 4  Pancake Peaches Apple Juice Syrup Milk, 1% or Fat Free	Feb - 5  Blueberry Muffin Mixed Fruit Orange Juice Milk, 1% or Fat Free	Feb - 6  Cheese Sandwich Pineapple Fruit Punch Milk, 1% or Fat Free	Feb - 7  Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free
Feb - 10  Bagel Pineapple Fruit Punch Cream Cheese Milk, 1% or Fat Free	Feb - 11  Pancake Peaches Apple Juice Syrup Milk, 1% or Fat Free	Feb - 12  Blueberry Muffin Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Feb - 13  Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Feb - 14  Cheerios Mixed Fruit Orange Juice Milk, 1% or Fat Free
Feb - 17  President's Day	Feb - 18  Pancake Peaches Apple Juice Syrup Milk, 1% or Fat Free	Feb - 19  Blueberry Muffin Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Feb - 20  Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free	Feb - 21  Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free
Feb - 24  Bagel Pineapple Fruit Punch Cream Cheese Milk, 1% or Fat Free	Feb - 25  Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Feb - 26  Pancake Peaches Apple Juice Syrup Milk, 1% or Fat Free	Feb - 27  Blueberry Muffin Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Feb - 28  Cheerios Mixed Fruit Orange Juice Milk, 1% or Fat Free

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