

# Alief Montessori Community School

## February 2020 Lunch

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| Feb - 3<br>Spaghetti/Turkey<br>Garbanzo Beans<br>Lettuce/Tomato<br>Salad<br>Wheat Bread<br>Mixed Fruit<br>Milk, 1% or Fat Free | Feb - 4<br>Chicken Nuggets<br>Macaroni/Cheese<br>Carrots<br>Broccoli<br>Peaches<br>Milk, 1% or Fat Free                                | Feb - 5<br>Sloppy Joe<br>Pinto Beans<br>Carrots<br>Green Beans<br>Peaches<br>Milk, 1% or Fat Free  | Feb - 6<br>Chicken & Gravy<br>Brown Rice<br>Carrots, Broccoli<br>& Cauliflower<br>Hot Roll<br>Pineapple<br>Milk, 1% or Fat Free | Feb - 7<br>Cheese Pizza<br>Celery Sticks<br>Baby Carrots<br>Orange<br>Ranch Dressing<br>Milk, 1% or Fat Free  |
| Feb - 10<br>BBQ Chicken Sandwich<br>Carrots<br>Broccoli<br>Vegetarian Beans<br>Peaches<br>Milk, 1% or Fat Free                 | Feb - 11<br>Chicken Chili Crispito<br>Refried Beans<br>Spanish Rice<br>Shredded Lettuce<br>Tomato<br>Pineapple<br>Milk, 1% or Fat Free | Feb - 12<br>Oven Baked Chicken<br>Macaroni/Cheese<br>Broccoli<br>Carrots<br>Mixed Fruit<br>Hot Roll<br>Milk, 1% or Fat Free                          | Feb - 13<br>Fish Sticks<br>Corn<br>Green Beans<br>Pineapple<br>Wheat Bread<br>Milk, 1% or Fat Free<br>Ketchup                   | Feb - 14<br>Turkey/Cheese Sandwich<br>Potato Tator Tots<br>Baby Carrots<br>Celery Sticks<br>Orange<br>Ketchup<br>Ranch Dressing<br>Milk, 1% or Fat Free |
| Feb - 17<br>President's Day  | Feb - 18<br>Chicken/Noodles<br>Carrots<br>Green Beans<br>Hot Roll<br>Mixed Fruit<br>Milk, 1% or Fat Free                               | Feb - 19<br>Fajita Chicken Strips<br>Spanish Rice<br>Refried Beans<br>Shredded Lettuce<br>Tomato<br>Wheat Bread<br>Pineapple<br>Milk, 1% or Fat Free | Feb - 20<br>Turkey Taco Meat<br>Cheese Sauce<br>Tortilla Chips<br>Shredded Lettuce<br>Tomato<br>Peaches<br>Milk, 1% or Fat Free | Feb - 21<br>Cheese Pizza<br>Garbanzo Beans<br>Celery Sticks<br>Baby Carrots<br>Orange<br>Ranch Dressing<br>Milk, 1% or Fat Free                         |
| Feb - 24<br>Turkey Lasagna<br>Green Beans<br>Hot Roll<br>Mixed Fruit<br>Milk, 1% or Fat Free                                   | Feb - 25<br>Cheese Burger<br>Shredded Lettuce<br>Tomato Slices<br>French Fries<br>Peaches<br>Milk, 1% or Fat Free                      | Feb - 26<br>Chicken/Cheese<br>Quesadilla<br>Refried Beans<br>Spanish Rice<br>Tomato<br>Shredded Lettuce<br>Pineapple<br>Milk, 1% or Fat Free         | Feb - 27<br>Spaghetti/Turkey<br>Garbanzo Beans<br>Corn<br>Wheat Bread<br>Green Beans<br>Mixed Fruit<br>Milk, 1% or Fat Free     | Feb - 28<br>Turkey/Cheese Sandwich<br>Potato Tator Tots<br>Baby Carrots<br>Celery Sticks<br>Orange<br>Ketchup<br>Ranch Dressing<br>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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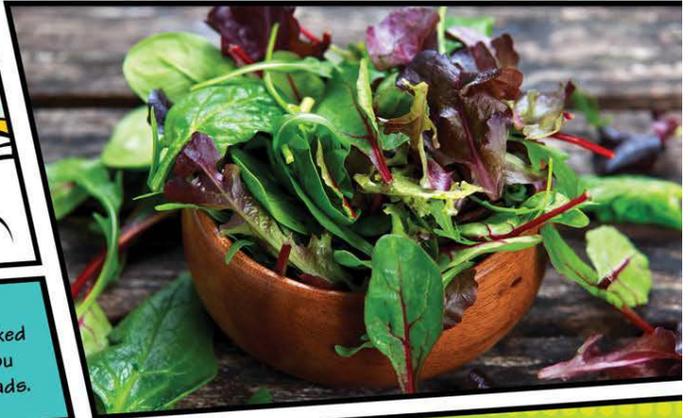
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Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.



**FUN FACT**

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



**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.



**POWER  
SUPER  
INTELLIGENCE**



**JOKE OF THE MONTH**

Q: What did the bacon say to the tomato?

A: Lettuce get together!

**FIND THE SIX DIFFERENCES**



# Alief Montessori Community School

## February 2020 Snack

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

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# Alief Montessori Community School

## February 2020 Breakfast

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

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