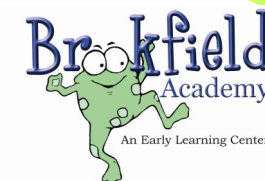


# February 2023 Theme: "We Love to be Healthy"

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1 Breakfast:</b> Waffles with syrup, Applesauce, Milk</p> <p><b>Lunch:</b> Sloppy Joes, Corn, Peaches, Milk</p> <p><b>Snack:</b> , Cheez -It Crackers, Juice</p>	<p><b>2 Breakfast::</b> Oatmeal, Toast, Milk</p> <p><b>Lunch:</b> Spaghetti, Green Beans, Peaches, Roll, Milk</p> <p><b>Snack:</b> Oatmeal Cookies, Juice</p>	<p><b>3 Breakfast:</b> Assorted Muffins, Milk</p> <p><b>Lunch:</b> Sliced Ham, Macaroni &amp; Cheese, Black eye peas, Milk</p> <p><b>Snack:</b> Apple Slices, Cheese, Juice</p>
<p><b>6 Breakfast:</b> Pancakes with syrup, Pears, Milk</p> <p><b>Lunch:</b> Chicken Nuggets, Steamed Broccoli, Peaches, Milk</p> <p><b>Snack:</b> Rice Krispy Treats, Juice</p>	<p><b>7 Breakfast:</b> Sausage Biscuits, Pineapple, Milk</p> <p><b>Lunch:</b> Chicken &amp; Dressing, Lima Beans, Peaches, Milk</p> <p><b>Snack:</b> Animal Crackers, Juice</p>	<p><b>8 Breakfast:</b> Whole Grain Waffles, Syrup, Mixed Fruit, Milk</p> <p><b>Lunch:</b> Meatloaf, Mashed Potatoes, Green Peas, Milk</p> <p><b>Snack:</b> Cheese Crackers, Juice</p>	<p><b>9 Breakfast:</b> Cheese Toast, Oranges, Milk</p> <p><b>Lunch:</b> Cheeseburger, Tater Tots, Green Beans, Milk</p> <p><b>Snack:</b> Gold Fish Crackers, Juice</p>	<p><b>10 Breakfast:</b> Rice Krispies w/Milk, Bananas</p> <p><b>Lunch:</b> Chicken Parmesan w/Pasta, Corn, Milk</p> <p><b>Snack:</b> Pudding, Vanilla Wafers, Juice</p>
<p><b>13 Breakfast:</b> Apple Cinnamon Oatmeal, Milk</p> <p><b>Lunch:</b> Ravioli, Black eye peas, Pears Milk</p> <p><b>Snack:</b> Applesauce, Vanilla Wafers, Juice</p>	<p><b>14 Breakfast:</b> Muffins, Oranges, Milk</p> <p><b>Lunch:</b> Grilled Chicken Sandwich, Green Peas, Tater Tots, Milk</p> <p><b>Snack:</b> Cheese Crackers, Juice</p>	<p><b>15 Breakfast:</b> Grits, Peaches, Milk</p> <p><b>Lunch:</b> Pizza, Green Beans, Fruit, Milk</p> <p><b>Snack:</b> Yogurt, Graham Crackers, Juice</p>	<p><b>16 Breakfast:</b> Butter Biscuits with Jelly , Pineapple, Milk</p> <p><b>Lunch:</b> Sliced Turkey, Mashed Potatoes, Field Peas, Milk</p> <p><b>Snack:</b> Apple Slices, Cheese, Juice</p>	<p><b>17 Breakfast:</b> Cheerios w/ Milk, Bananas, Milk</p> <p><b>Lunch:</b> Chicken and Dumplings, Corn, Milk</p> <p><b>Snack:</b> Teddy Graham Cookies, Juice</p>
<p><b>20 Breakfast:</b> Pancakes Applesauce, Milk</p> <p><b>Lunch:</b> Chicken, Broccoli &amp; Rice Casserole, Carrots, Dinner Roll, Milk</p> <p><b>Snack:</b> Ritz Crackers, Cheese Slices, Juice</p>	<p><b>21 Breakfast:</b> Whole Grain Waffles with Syrup, Peaches, Milk</p> <p><b>Lunch:</b> Grilled Chicken Nuggets, Smiley Face Fries, Peaches, Milk</p> <p><b>Snack:</b> Rice Krispy Treats, Juice</p>	<p><b>22 Breakfast:</b> Sausage Biscuit, Milk</p> <p><b>Lunch:</b> Beef a Roni, Lima Beans, Applesauce, Milk</p> <p><b>Snack:</b> Chocolate Pudding, Vanilla Wafers, Juice</p>	<p><b>23 Breakfast:</b> Muffin, Pears, Milk</p> <p><b>Lunch:</b> Italian Chicken, Bow tie pasta, Butter Beans, Mandarin Oranges, Milk</p> <p><b>Snack:</b> Oatmeal Cookies, Juice</p>	<p><b>24 Breakfast:</b> Cheerios w/Milk, Bananas, Milk</p> <p><b>Lunch:</b> Beef Stew, Mashed Potatoes, , Milk</p> <p><b>Snack:</b> Cheese Crackers, Juice</p>
<p><b>27 Breakfast:</b> Pancakes, Turkey Sausage, Milk</p> <p><b>Lunch:</b> Chicken &amp; Rice, Green Beans, Pineapple, Milk</p> <p><b>Snack:</b> Butter Cookies, Juice</p>	<p><b>28 Breakfast:</b> Grits, Peaches, Milk</p> <p><b>Lunch:</b> Chicken Noodle Bake, Peas &amp; Carrots, Pears, Milk</p> <p><b>Snack:</b> Teddy Graham Cookies, Juice</p>			



## Dates To Remember

### Winter Break/Schools Out Days

LCS, VCS & Scintilla-  
February 13th & 14th

2/14: Valentine's Day Parties-Please see class doors & newsletters for party times.

2/1-9:30am-Dental Health Presentation Day for K3 & K4

"For God so loved the world that he gave his one and only Son, so that whoever believes in him shall not perish, but have everlasting life."

John 3:16