

Wed., Feb. 15

Breakfast

Scrambled Eggs &
Ham/Grits

Lunch

Pizza
Chili & Cheez-Its
Tuna Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Lettuce/Tomato
Broccoli & Cheese
Grapes
Chilled Apricots
Sherbet/Crackers

Thurs., Feb. 16

Breakfast

Ham Biscuit

Lunch

Crispy Chicken Bites
Ham & Cheese Sub
Chef Salad w/Turkey
Pasta Salad
Veggie Dippers
Garden Salad
Green Beans
Orange Wedges
Fruit Salad
Crackers

Fri., Feb. 17

Breakfast

Egg & Cheese Muffin

Lunch

Hamburger/Cheeseburger
Chicken Pot Pie
Cobb Salad
French Fries
Sweet Potato Fries
Veggie Dippers
Lettuce/Tomato
Peas & Carrots
Coleslaw
Chilled Mandarin Oranges
Freshly-baked Cookie
Crackers

Mon., Feb. 20

President's Day



Do you know which
presidents are carved
into Mount Rushmore?

Answer: Washington, Jefferson,
Roosevelt, and Lincoln

Tues., Feb. 21

Breakfast

Scrambled Eggs/Cheese
Grits

Lunch

Chicken Nuggets
Cheeseburger Macaroni
Chef Salad w/Egg
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Green Peas
Chilled Applesauce
President's Cookies
Roll/Crackers

Wed., Feb. 22

Breakfast

Chicken Biscuit

Lunch

Personal Pan Pizza
Fajita Nachos
Tuna Salad
Mexican Rice
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Refried Beans
Chilled Peaches
Crackers

Thurs., Feb. 23

Breakfast

Yogurt & Muffin

Lunch

Chicken Tenders
Pork Roast au Jus
Chicken Caesar Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Garden Salad
Glazed Carrots
Butter Beans
Grapefruit Half
School-made Cake (M.C.)
Crackers

Fri., Feb. 24

Breakfast

Breakfast Pizza

Lunch

Corndog
Frito Pie
Oriental Chicken Salad
Potato Rounds
Sweet Potato Rounds
Veggie Dippers
Lettuce/Tomato
Mixed Vegetables
Baked Beans
Chilled Pineapple
Fruit Slushie
Crackers

Mon., Feb. 27

Breakfast

Ham Biscuit

Lunch

Asian Popcorn Chicken
Chicken Noodle Soup
w/Grilled Cheese
Chef Salad w/Egg
Steamed Rice
Veggie Dippers
Garden Salad
Oriental-style Vegetables
Grapes
Chilled Pear
Juice Bar
Crackers

Tues., Feb. 28

Breakfast

Bagel & Cream

Cheese/Scrambled Eggs

Lunch

Chicken Parmesan
Turkey & Cheese Sub
Picnic Chicken Salad
Potato Wedges
Sweet Potato Wedges
Veggie Dippers
Garden Salad
Green Beans
Orange Wedges
Chilled Fruit Cocktail
Crackers

Wed., Feb. 29

Breakfast

Chicken Biscuit

Lunch

Personal Pan Pizza
Chicken Fajitas
Apple & Yogurt Salad
Mexican Rice
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Refried Beans
Chilled Mandarin Oranges
Rice Krispy Treat
Crackers

**Fruits and
Veggies...**



More Matters!

February 2012



Is

Heart Healthy Month!

Fuel for Learning

**Hall County
Elementary School
Nutrition Menu**

Wed., Feb. 1

Breakfast

Chicken Biscuit

Lunch

Personal Pan Pizza
Fajita Nachos
Tuna Salad
Mexican Rice
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Refried Beans
Chilled Peaches
Crackers

Thurs., Feb. 2

Breakfast

Yogurt & Muffin

Lunch

Chicken Tenders
Pork Roast au Jus
Chicken Caesar Salad
Baked Potato Half
Baked Sweet Potato Half
Veggie Dippers
Garden Salad
Glazed Carrots
Butter Beans
Grapefruit Half
Crisp or Cobbler (M.C.)
Crackers

Tues., Feb. 7

Breakfast

Bagel & Cream
Cheese/Scrambled Eggs

Lunch

Chicken Parmesan
Turkey & Cheese Sub
Picnic Chicken Salad
Potato Wedges
Sweet Potato Wedges
Veggie Dippers
Garden Salad
Green Beans
Orange Wedges
Chilled Fruit Cocktail
Crackers

Wed., Feb. 8

Breakfast

Chicken Biscuit

Lunch

Personal Pan Pizza
Chicken Fajitas
Apple & Yogurt Salad
Mexican Rice
Veggie Dippers
Lettuce/Tomato
Sautéed Peppers & Onions
Refried Beans
Chilled Mandarin Oranges
Rice Krispy Treat
Crackers

Mon., Feb. 13

Breakfast

Chicken Biscuit

Lunch

Hot Ham & Cheese
Crispy Steak & Gravy
Chef Salad w/Egg
Steamed Rice
Veggie Dippers
Garden Salad
Okra & Tomatoes
Apple Wedges
Chilled Peaches
Roll
Crackers

Tues., Feb. 14

Breakfast

Pancakes & Sausage

Lunch

Heart-shaped Chicken
Nuggets
Cheesy Ravioli
Chef Salad w/Ham
Mashed Potatoes
Whipped Sweet Potatoes
Veggie Dippers
Garden Salad
Green Peas
Breaded Okra
Chilled Pears
School-made Cake

Eat for the Beat of Your Heart

- ♥ The heart is the strongest muscle in the body
- ♥ It beats approximately 100,000 times/day and pumps 2,000 gallons of blood
- ♥ This blood delivers oxygen and nutrients to all of your tissues

The Key to Your Heart Health is a Nutritious Diet

The heart is a hard-working muscle that must receive proper fuel.

This Valentine's Day, treat your heart to these healthy habits:

- ♥ Enjoy apples, pears, and peaches with the peel on
- ♥ Get your fill of fiber with 100% whole grain bread, pasta, and cereal
- ♥ Add beans to your dinner— they are good for your heart
- ♥ Add nuts and seeds to your favorite snacks



*Fun facts courtesy of webmd.com

Fri., Feb. 3

Breakfast

Breakfast Pizza

Lunch

Corndog
Frito Pie
Oriental Chicken Salad
Potato Rounds
Sweet Potato Rounds
Veggie Dippers
Lettuce/Tomato
Mixed Vegetables
Baked Beans
Chilled Pineapple
Fruit Slushie
Crackers

Mon., Feb. 6

Breakfast

Ham Biscuit

Lunch

Asian Popcorn Chicken
Chicken Noodle Soup
w/Grilled Cheese
Chef Salad w/Egg
Steamed Rice
Veggie Dippers
Garden Salad
Oriental-style Vegetables
Grapes
Chilled Pears
Juice Bar
Crackers

Thurs., Feb. 9

Breakfast

Cinnamon Oatmeal/Eggs

Lunch

Chicken Patty Sandwich
Spaghetti w/Meatballs
Buffalo Chicken Salad
Potato Rounds
Sweet Potato Rounds
Veggie Dippers
Lettuce/Tomato
Broccoli & Cheese
Squash Casserole
Chilled Applesauce
Garlic Loco Bread
Crackers

Fri., Feb. 10

Breakfast

French Toast & Sausage

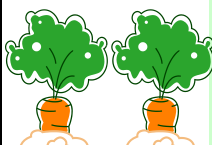
Lunch

Hot Dog
B.B.Q.
Crispy Chicken Salad
Macaroni & Cheese
Veggie Dippers
Garden Salad
Peas & Carrots
Coleslaw
Fruit Salad
Freshly-baked Cookie
Crackers

Choice of milk served with all complete meals.



Breakfast includes toast, cereal, fruit & juice.



Veggie dippers & crackers are offered as a choice with every lunch.

*This institution is an equal opportunity provider

Dear Parent:

We plan and prepare meals to meet the nutritional needs of your child. This month, in honor of **Heart Health Month**, we will be showcasing heart-shaped chicken nuggets on Valentine's Day (2/14). Also, to celebrate President's Day we will be showcasing SMART Cookies on 2/21. These cookies will have the pictures and names of our presidents on them. I hope your children enjoy these two promotions in February!

Our goal is healthy children—ready to learn.

Hillary Savage, Nutrition Director
Cookie Palmer, Nutrition Director
Andrea Thomas, Nutrition Coordinator

770-534-1080