



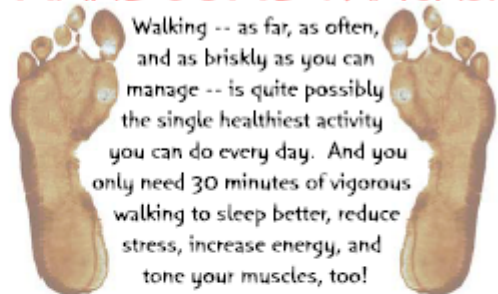
Shenendehowa CSD, Elementary Menu

This institution is an equal opportunity provider.



Every complete meal we serve includes your choice of low fat or nonfat milk.

MAKE SOME TRACKS.



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

The Nutrition Sleuth

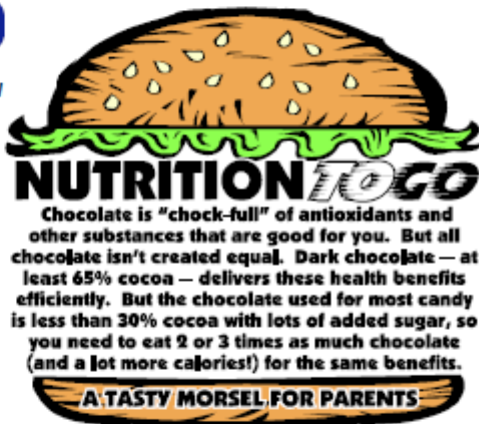
Taking a closer look at the foods we eat...

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.



Calorie analysis of this typical School Lunch Combo:
Roasted Chicken Breast
Wheat Roll
Potatoes Au Gratin
Broccoli Spears
Cherry Cobbler
Nonfat Chocolate Milk

Total calories: 772
Calories from protein: 18%
Cal. from carbohydrates: 58%
Calories from fat: 24%



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Wednesday, February 1

Breakfast
Breakfast Bun with Fruit Cup

Lunch
Popcorn Chicken with Warm Corn Bread Square

Choice of Three
Mashed Potatoes
Sweet Peas and Carrots
Mixed Fruit Cup
Non Fat/Low Fat Milk

Thursday, February 2

Breakfast
Hot and Cold Selections

Lunch
Twin Tacos with Brown Rice

Choice of Three
Lettuce, Tomato and Salsa
Golden Corn
Orange Smiles
Non Fat/Low Fat Milk

Friday, February 3

Breakfast
Cheese Omelet with Wheat Toast

Lunch
Cheese Pizza

Choice of Three
Fresh Vegetable Sticks
Steamed Broccoli
Petite Banana
Non Fat/Low Fat Milk

Available Daily
Get Your Day Started with a Nutritious Breakfast at Home or School.

Sandwiches Made to Order, Hot Soups, Yogurt, Salads Made with Fresh Fruits and Vegetables and Other a la Carte Items.

Remember to Choose Sensibly!

Monday, February 6

Breakfast
Cinnamon Pancakes with Applesauce

Lunch
Hot Dog on a Bun

Choice of Three
Vegetarian Beans
Cucumber Wheels
Chilled Peaches
Non Fat/Low Fat Milk

Tuesday, February 7

Breakfast
Hot and Cold Selections

Lunch
Rotini and Meatballs

Choice of Three
Sweet Spinach Salad
Cinnamon Apple Stick
Fresh Fruit
Non Fat/Low Fat Milk

Wednesday, February 8

Breakfast
Shenwich

Lunch
Roast Turkey with Bread Stuffing

Choice of Three
Glazed Carrots
Mashed Potatoes
Blueberry Cobbler
Non Fat/Low Fat Milk

Thursday, February 9

Breakfast
Hot and Cold Selections

Lunch
Chicken Patty on a Bun

Choice of Three
Sweet Potato Fries
Fresh Broccoli with Lite Dip
Fresh Grapes
Non Fat/Low Fat Milk

Friday, February 10

Breakfast
Oatmeal with Dried Fruit

Lunch
Italian Dunkers
(Low Fat Cheese Sticks and Bread Sticks with Tomato Dipping Sauce)

Choice of Three
Romaine Lettuce Salad
Sweet Green Peas
Applesauce
Non Fat/Low Fat Milk

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
Breakfast Pizza

Lunch
Hamburger/Cheeseburger or Black Bean Burger on a Bun

Choice of Three
Broccoli Rice and Cheese Casserole
Corn Cobbette
Chilled Peaches
Non Fat/Low Fat Milk

Tuesday, February 14

Breakfast
Hot and Cold Selections

Lunch
Crispy Chicken Salad (Fresh Romaine Lettuce with Vegetables and Crispy Chicken)

Choice of Three
Vegetarian Vegetable Soup
Warm Philly Pretzel
Orange Smiles
Non Fat/Low Fat Milk

Wed., February 15

Breakfast
Warm Blueberry Bread with Yogurt

Lunch
Ravioli and Broccoli Alfredo Whole Wheat Roll

Choice of Three
Baby Spinach and Mandarin Orange Salad
Fruit Cup
Non Fat/Low Fat Milk

Thursday, February 16

Breakfast
Hot and Cold Selections

Lunch
BBQ Pork Rib Sandwich in a Bun

Choice of Three
Carrot Raisin Salad
Oven Fries
Applesauce
Non Fat/Low Fat Milk

Friday, February 17


Breakfast
Ham and Egg on a Bagel

Lunch
Cheese Pizza

Choice of Three
Steamed Broccoli
Celery and Carrot Sticks
Fresh Fruit
Non Fat/Low Fat Milk

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21



No School Today

Wed. February 22

Brain



Thursday, February 23

Ticklers

What did the beach say when the tide finally came in?

(Hold the page upside down and read it in a mirror for the answer!)

lose of small

Friday, February 24

Please don't forget to remember ...



... to bring your lunch money!



MARYLAND

"The Old Line State"
The 7th State to Ratify the U.S. Constitution (April 28, 1788)
State Capital: Annapolis

Monday, February 27

Breakfast
Breakfast Bun with Yogurt

Lunch
Colby Cheese Omelet with warm Corn Bread Square

Choice of Three
Chilled Juice
Hash Brown Potato Patty
Applesauce
Non Fat/Low Fat Milk

Tuesday, February 28

Breakfast
Hot and Cold Selections

Lunch
Glazed Chicken Breast with Brown Rice Pilaf

Choice of Three
Seasoned Spinach
Sweet Potatoes with Apples
Fresh Pear
Non Fat/Low Fat Milk

Wed., February 29

Breakfast
Cinnamon Raisin Oatmeal

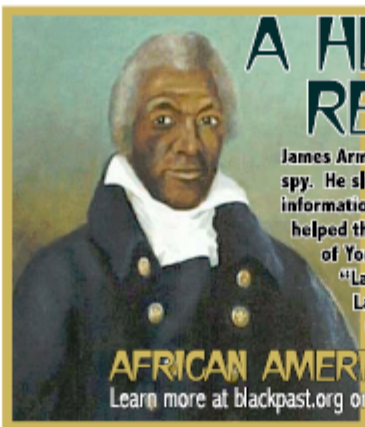
Lunch
Grilled Cheese Sandwich on Whole Wheat Bread

Choice of Three
Tomato Soup
Broccoli, Celery and Carrot Sticks with Lite Dip
Chilled Peaches
Non Fat/Low Fat Milk

Word of the Month

car·ing

adj. 1. feeling and showing concern and empathy for others 2. having or displaying warmth or affection 3. concerned; devoted; tender



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 or do a search for James Armistead Lafayette