



FEBRUARY 2021 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1 Deep Dish Galaxy Pepperoni Pizza OR Chicken Nuggets Pretzel Rod & BBQ Sauce French Fries Ketchup Flavored Applesauce Milk	2 Mini Corn Dogs Ketchup OR Classic Hamburger Mustard Baby Carrots Buttermilk Ranch Dressing Fresh Fruit Milk	3 Mini Blueberry Waffles Sausage Patty ▲ OR Chicken Penne & Alfredo Sauce Tater Tots Ketchup Fresh Apple Milk	4 Breaded Chicken Sandwich BBQ Sauce OR Pizza Crunchers + Tossed Salad Buttermilk Ranch Dressing Fresh Fruit Milk	5 Fiesta Friday Nacho Combo Tostito's Scoops OR Beef & Cheese Tacos Taco Sauce Sweet Golden Corn Flavored Applesauce Milk
8 Chicken Tenders Goldfish Crackers & BBQ Sauce OR Mini Corn Dogs Mustard Steamed Mixed Veggies Fresh Apple Milk	9 Beef & Cheese Tacos Taco Sauce OR Cheeseburger Ketchup Tater Tots Ketchup Fresh Fruit Milk	10 Deep Dish Galaxy Pepperoni Pizza OR Mac & Cheese Steamed Green Beans Flavored Applesauce Milk	11 Confetti Pancakes Sausage Patty ▲ OR Chicken Parmesan Sandwich Sweet Golden Corn Strawberry Craisins Milk	12  Popcorn Chicken Pretzel Rod & BBQ Sauce OR Pizza Dippers + Pizza Dipping Sauce French Fries Ketchup Fresh Fruit Milk Mini Rice Krispie Treat
15 Chicken Nuggets Pretzel Rod & BBQ Sauce OR Classic Hamburger Mustard Tater Tots Ketchup Fresh Apple Milk	16 Cheeseburger Ketchup OR Meatball Sub Steamed Mixed Veggies Fresh Fruit Milk	17 All American + Cheese Melt OR Hearty Vegetarian Chili + Flatbread French Fries Ketchup Fresh Apple Milk	18 Pizza Crunchers + OR Blueberry Waffles + String Cheese Steamed Green Peas Fresh Fruit Milk	19 French Fry-Day Deep Dish Galaxy Cheese Pizza + OR Fish Patty Melt Tartar Sauce  French Fries Ketchup Flavored Applesauce Milk
22 French Toast Sticks Sausage Patty ▲ OR Popcorn Chicken Pretzel Rod & BBQ Sauce Tater Tots Ketchup Fresh Apple Milk	23 Hot Diggity Dog Ketchup & Mustard OR Cheeseburger Mustard Sweet Golden Corn Fresh Fruit Milk	24 Deep Dish Galaxy Cheese Pizza + OR Breaded Chicken Sandwich BBQ Sauce French Fries Ketchup Orange Craisins Milk	25 Chicken Tenders Goldfish Crackers & BBQ Sauce OR Rotini & Meat Sauce Tossed Salad Buttermilk Ranch Dressing Fresh Fruit Milk	26  Mozzarella Sticks + Pizza Dipping Sauce OR Fish Patty Melt Tartar Sauce Baby Carrots Buttermilk Ranch Dressing Flavored Applesauce Milk

American Heart Month

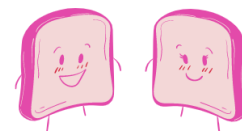
Did you know one of the best ways to keep your heart healthy is to get at least 30 minutes of physical activity a day? Try our Heart Health challenge every day this month (it's a short one!) Do each exercise between commercials of your favorite show, or try once every hour!

*Source: <https://food.unl.edu/february-food-calendar>



- 10 walking lunges (5 each leg)
- 15 jumping jacks
- 15 sit ups
- 15 arm circles (each arm)
- 15 toe touches

I LOAF YOU



Where do hamburgers take their sweethearts dancing on Valentine's Day ?



The meatball!

Menu Subject to Change

▲ Contains no pork + Contains no meat

Milk contains no artificial growth hormones or antibiotics. We use heart healthy whole-grain breads and serve 100% fruit juice. Nutrition and allergen information available at www.FSPPro.com

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