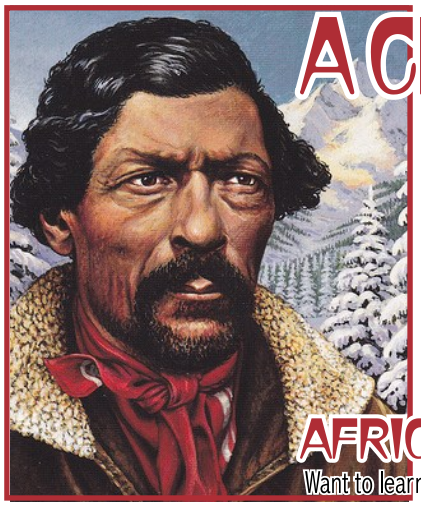
MENUS FOR FEBRUARY 2017

Stonington Public Schools SHS Menu

Breakfast-$1.50
Lunch-$3.00
Adult-$2.00/$3.50

Available Daily

- ⇒ ***A new year means new menu! Look for the asterisk to indicate new items. Make sure you let the SHS kitchen staff know what you think.***
- ⇒ Each breakfast and lunch meal comes with a choice of Fat-free flavored or 1% unflavored milk
- ⇒ Entrees include a protein, whole grain, fruit, vegetable, and milk choice
- ⇒ Alternative meals include Pasta Line, Chef Salads, Hamburger/ Cheeseburgers, Assorted Hot & Cold Grinders
- ⇒ Extensive a la carte selection



A CHIEF OF ALL CHIEFS

Jim Beckwourth was born a slave in Virginia around 1800. He became a legendary mountain man, fur trader, hunter, and explorer in the untamed Western U.S. during the 1820's and 30's. Beckwourth discovered a mountain pass near Lake Tahoe that still bears his name. He spent much of his adult life in the West living with Apaches, Sacs, and other Native Americans, who gave him the name Dark Sky. Beckwourth led the Crows in battle against the Blackfeet and was named "A Chief of All Chiefs" by the Crow Nation. Later, he established trading posts that became the towns of Pueblo, Colorado and Beckwourth, California. Beckwourth died in a Crow village in Montana in 1866.

AFRICAN AMERICAN HISTORY MONTH

Want to learn more? Start by going to Blackpast.org or doing a search for Jim Beckwourth.

HAPPY FACE=HEALTHY HEART.

It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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

Wednesday, February 1

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
Chicken Alfredo
Green Peas
Breadstick
Fruit & 100% Juice

Thursday, February 2

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
Soft Taco
Chicken or Beef
Rice
Refried beans
Lettuce, tomato, salsa & cheese,
Fruit & 100% Juice

Friday, February 3

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
Cheeseburger, Bacon Cheeseburger, or
Veggie Burger
Seasoned Potato Wedges
Steamed Carrots
Fruit & 100% juice

Monday, February 6

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
French Toast
Hash brown
Turkey Sausage Links or Turkey Bacon
Egg Patty
Fruit & 100% Juice

Tuesday, February 7

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
Assorted homemade pizza
Mixed greens salad
Grape tomatoes
Fruit & 100% juice

Wednesday, February 8

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
Mozz Sticks
Marinara Sauce
Broccoli
Breadstick
Fruit & 100% Juice

Thursday, February 9

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
QUESADILLAS
Chicken & Cheese or Cheese
Rice
Refried beans
Lettuce, tomato, salsa & cheese,
Fruit & 100% Juice

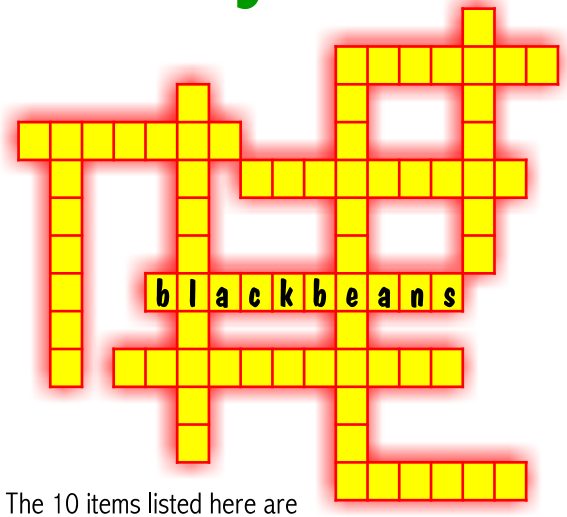
Friday, February 10

Breakfast
Bacon, Egg, or Sausage
Breakfast Sandwiches
Assorted Pastries
Fruit & 100% Juice

Lunch
Chicken Smackers
Mashed Potatoes
Gravy
Green Beans
Fruit & 100% juice

What's on YOUR plate?

Can you fit in the "hearty" foods?



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates – and you should also try to fit them in to the crossword puzzle above!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
Breakfast Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** **General Tso's Chicken** Brown Rice Oriental Vegetables Fruit & 100% Juice	**Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** Baked Mac & Cheese Broccoli Breadstick Fruit & 100% Juice	**Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** *Boneless Wing Wednesday!* Roasted Ranch Potatoes Dinner Roll Fruit & 100% Juice	**Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** Nachos Chicken or Beef Rice Refried beans Lettuce, tomato, salsa & cheese, Fruit & 100% Juice	**Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** All-Beef Hot Dogs on Whole Wheat Bun **Cup of Chili** Grape tomatoes Fruit & 100% juice
Monday, February 20 PRESIDENTS DAY **NO SCHOOL TODAY**	**Tuesday, February 21** **Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** Regular or Spicy Chicken Patties on Whole Wheat Bun Oven or Sweet Potato Fries Fruit & 100% Juice	**Wednesday, February 22** **Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** Pancakes Hashbrown Turkey Sausage Links or Turkey Bacon Egg Patty Fruit & 100% Juice	**Thursday, February 23** **Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** QUESADILLAS Chicken & Cheese or Cheese Rice Refried beans Lettuce, tomato, salsa & cheese, Fruit & 100% Juice	**Friday, February 24** **Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** Assorted homemade pizza Mixed greens salad Grape tomatoes Fruit & 100% juice
Monday, February 27 **Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** Chicken Tenders Flavored Rice or Cheesy Rice w/Broccoli Sweet Potatoes w/ Pineapple Fruit & 100% Juice	**Tuesday, February 28** **Breakfast** Bacon, Egg, or Sausage Breakfast Sandwiches Assorted Pastries Fruit & 100% Juice **Lunch** **Baked Potato Bar** Cup of Chili Crisp Romaine Salad Fruit & 100% Juice			

Every complete meal we serve comes with your choice of milk!

NUTRITION TO GO

The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can't pollinate without them!