

Menus for February 2020

Nashua Elementary Schools

This institution is an equal opportunity provider.
Menus are subject to change.



Monday, February 3

Breakfast

Cereal & Toast Or
w/g Maple Pancakes*
Fruit, 100% Juice, Milk

Lunch

Chicken Nuggets*
Animal Crackers
Salad Bar
Seasoned Carrot Coins
Applesauce
Milk

Tuesday, February 4

Breakfast

Cereal & Toast Or A
Choc. Chip Muffin*
Fruit, 100% Juice, Milk

Lunch

Hamburger* Or
Cheeseburger* on a w/g
Bun, Bag Of Lays Potato
Chips, Salad Bar
Steamed Broccoli
Mandarin Oranges
100% Juice, Milk

Wednesday, February 5

Breakfast

Cereal & Toast Or A
w/g Breakfast Bun*
Fruit, 100% Juice, Milk

Lunch

Chicken Teriyaki
Seasoned Rice
Golden Corn
Salad Bar
Fresh Baked Candy
Cookie
Crisp Apple, Milk

Thursday, February 6

Breakfast

Cereal & Toast Or
w/g Mini Waffles*
Fruit, 100% Juice, Milk

Lunch

French Toast Sticks* w/
Syrup
Sausage Patty
Crispy Tater Tots
Salad Bar
Banana, 100% Juice
Milk

Friday, February 7

Breakfast

Cereal & Toast Or
Egg & Cheese Sandwich
Fruit, 100% Juice, Milk

Lunch

Real Slice Cheese Pizza*
Salad Bar, Green Beans
Marinated 3 Bean Salad
Mixed Berry Cup
Milk

MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.



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



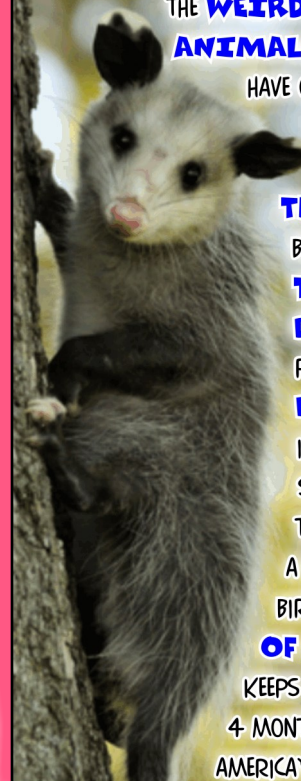
Every complete meal
we serve comes with
your choice of milk!

Available

Assorted Sandwiches on WG
Bread
(Ham, Turkey, Tuna, SB & J)
Yogurt Lunch w/WG Bread
w/g = Whole Grain
* Indicates Soy
Cereal & Toast is w/g
Daily Salad Bar

STRANGE BUT TRUE!

UNLIKE THE GROUNDHOG, THE OPOSSUM DOESN'T GET ITS VERY OWN DAY. **BUT MAYBE IT SHOULD.** BECAUSE THE OPOSSUM IS TRULY ONE OF THE **WEIRDEST AND COOLEST ANIMALS** AROUND! LIKE US, THEY HAVE OPPOSABLE THUMBS FOR GRASPING - EXCEPT THEY HAVE THEM **ON THEIR FEET!** THEY'VE BEEN AROUND SINCE **THE TIME OF THE DINOSAURS,** PROBABLY BECAUSE THEY'LL **EAT ANYTHING,** INCLUDING SNAILS AND SLUGS AND BEETLES, SO THEY'RE GREAT TO HAVE IN A GARDEN. THE FEMALE GIVES BIRTH TO BABIES THE **SIZE OF A HONEYBEE** AND KEEPS THEM IN HER POUCH FOR 4 MONTHS, MAKING HER NORTH AMERICA'S ONLY NATIVE MARSUPIAL. PLUS, OPOSSUMS ARE TOTALLY IMMUNE TO SNAKE VENOM, AND THEY'RE ALSO **A GREAT FIGHTER AGAINST LYME DISEASE** - THEY EAT THE MICE THAT CARRY THE TICKS THAT SPREAD THE DISEASE AND THEY ALSO EAT **THOUSANDS** OF THE TICKS WHILE GROOMING THEMSELVES THROUGHOUT THE YEAR.



Monday, February 10

Breakfast

Cereal & Toast Or A
w/g Apple Muffin*
Fruit, 100% Juice, Milk

Lunch

Breaded Mozzarella
Cheese Sticks* w/
Marinara Sauce
Salad Bar
Steamed Broccoli
Pears, Milk

Tuesday, February 11

**No
School**

**President
Primary**

Wed., February 12

Breakfast

Cereal & Toast Or A
w/g Cinnamon Roll*
Fruit, 100% Juice, Milk

Lunch

Soft Shell Beef Taco w/
Cheese, Shredded
Lettuce & Tomato, Salsa
Refried Beans, Salad Bar
Buttery Golden Corn
Applesauce, 100% Juice
Milk

Thursday, February 13

Breakfast

Cereal & Toast Or
Hot Oatmeal Bar
Fruit, 100% Juice, Milk

Lunch

Valentine Day Heart
Shaped Chicken
Nuggets*, Dinner Roll
Baked Shoestring Fries
Salad Bar
Strawberries W/ Whip
Topping, Milk

Friday, February 14

Breakfast

Cereal & Toast Or A
w/g Breakfast Bar*
Fruit, 100% Juice, Milk

Lunch

Stuffed Crust Pizza*
Salad Bar W/ Cranberries
Tangy Broccoli Salad
Fruit Mix
Milk

Monday, February 17



**NO SCHOOL
TODAY**

Tuesday, February 18

Breakfast

Cereal & Toast Or A
w/g Blueberry Muffin*
Fruit, 100% Juice, Milk

Lunch

All Beef Hot Dog On A
w/g Roll
Baked Beans
Salad Bar
Seasoned Golden Corn
Orange Wedges
100% Juice, Milk

Wed., February 19

Breakfast

Cereal & Toast Or A
Egg & Cheese Sandwich
Fruit, 100% Juice, Milk

Lunch

Chicken In Creamy Gravy
w/g Dinner Roll, Mashed
Potatoes, Green Beans
Salad Bar
Strawberry Cup
Assorted Cookies
Milk

Thursday, February 20

Breakfast

Cereal & Toast Or
w/g Donut Holes*
Fruit, 100% Juice, Milk

Lunch

Chef's Choice
Salad Bar
Steamed Broccoli
Applesauce
Milk

Friday, February 21

Breakfast

Cereal & Toast Or
Cook's Choice
Fruit, 100% Juice, Milk

Lunch

Cheese Pizza Favorites*
Salad Bar
Seasoned Carrot Coins
Assorted Fruits
Milk

History of Groundhog Day

Each year on February 2nd, Phil the Groundhog comes out of hibernation to predict the weather for the rest of the winter season. Many people watch as Phil emerges from his burrow to look for his shadow.

According to legend, if Phil sees his shadow, there will be six more weeks of winter. If Phil does not see his shadow, there will be an early spring.

In America, the celebration of Groundhog Day began in the 1800s in Punxsutawney, Pennsylvania. It is celebrated on February 2nd since that date is the mid point of the winter season.



WINTER BREAK

Last Day of Classes
February 21

Classes Resume
March 2

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS