### February 2020

#### Monday
- **Fresh Baked Pizza**
- **Strawberry Pop Tart & String Cheese Apple Juice**
- **Rolled Chicken Tacos**
- **Orange Smiles Buttery Corn**

#### Tuesday
- **Burger Buddies**
- **Mini Pancakes Apple Crisp**
- **Orange Chicken with Brown Rice**
- **Steamed Broccoli Diced Peaches**

#### Wednesday
- **Crispy Chicken Sandwich**
- **Turkey Ham & Cheese Breakfast Sandwich Grape Juice**
- **Cheesy Pull Apart’s with Marinara Sauce**
- **Sliced Cucumbers Strawberries**

#### Thursday
- **Hot Dog**
- **Breakfast Burrito Applesauce**
- **Fresh Fruit & Yogurt Plate with a Chocolate Chip Muffin Top**
- **Celery Sticks Fresh Seasonal Fruit**

#### Friday
- **Bean & Cheese Burrito**
- **Banana Square Grapes**
- **Rib a ‘Que Sandwich**
- **Glazed Carrots Apples**

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### The Garden Spot

Every lunch includes a trip to the Garden Spot! Here, students can select from a variety of fruits and vegetables. Choices may include: romaine lettuce or iceberg lettuce, diced tomatoes, baby carrots, celery sticks, broccoli, cauliflower, corn, peas, garbanzo beans, kidney beans, peaches, pears, applesauce, mixed fruit, mandarin oranges or pineapple along with fresh fruit options daily!

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### Menu Morsel

Students voted, we listened! On November 5th, students voted for their favorite new menu item – Lasagna Roll Ups, Sloppy Joe or Mini Mesa Burgers. The winning item was **Lasagna Roll Ups** which will be served on **February 12th**!

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### Offered Daily at Lunch

- **Breakfast Prices**
  - Reduced ........................................ No Charge
  - One Day Regular ............................ $ 1.25
  - Five Day Regular ............................ $ 6.25

- **Breakfast Not Served at All Schools**

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### Lunch Prices

- **One Day Reduced** ............................ $ .40
- **Five Day Reduced** ............................ $ 2.00
- **One Day Regular** ............................ $ 2.05
- **Five Day Regular** ............................ $ 10.25

School meal payments can be made at [www.MyschoolBucks.com](http://www.MyschoolBucks.com) or by calling 1-855-832-5226.
Menu items are subject to availability.

Did you know that February 27th is National Strawberry Day? Strawberries are packed with vitamin C, antioxidants and fiber. They also have many health benefits, which include helping to lower cholesterol and fight cancer. Strawberries are a great fat-free, low-calorie snack for kids and adults. Strawberries are picked at their peak and do not continue to ripen after harvesting. This delicious fruit is grown all over the world and comes in a variety of colors including red, white and orange!

Strawberry-Kiwi Eye Opener

**Ingredients**
- 4 cups low-fat vanilla yogurt
- 2 cups sliced strawberries
- 1 cup low-fat granola
- 1 cup sliced kiwi

**How to Prepare**
1. Divide yogurt among 4 bowls.
2. Top each bowl with ½ cup sliced strawberries.
3. Sprinkle with ¼ cup granola.
4. Top with ¼ cup sliced kiwi.
5. Serve immediately, or refrigerate covered until served.

Source: azhealthzone.org/recipes/strawberry-kiwi-eye-opener

HARVEST OF THE MONTH

**Strawberries**

Berries are one of the most popular fruits in the nation and Native Americans were the first to incorporate berries into their diets. Today, berries are enjoyed worldwide for their beautiful color and delicious flavor. There are many varieties of berries including: strawberries, blueberries, raspberries and blackberries.