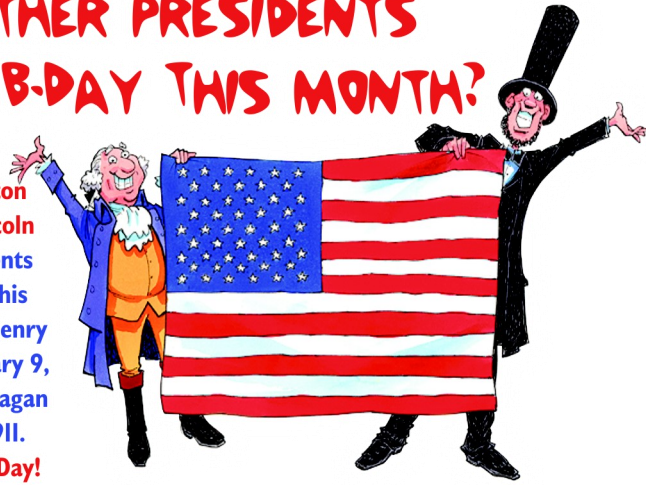


# WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than  
George Washington  
and Abraham Lincoln  
two other Presidents  
have a birthday this  
month – William Henry  
Harrison on February 9,  
1773 and Ronald Reagan  
on February 6, 1911.  
Happy Presidents Day!



Please Check Your Childs  
Account for any outstanding balances.  
If you need assistance in making payments  
or have questions regarding an account  
balance please contact the food service  
office 610-932-6660

Por Favor revise la cuenta de su estuiante  
Para cualquier saldo pendiente. Si necesita  
ayuda para un acuerdo de pagos o tiene  
preguntas sobre un saldo, comuniquese  
con la oficina de servicio de alimentos en  
ingles al 610-932-6660 o en Español al  
610-9326695

## What Makes a Lunch?

USDA National School Lunch Requirements:  
each color dot below represents a meal component

**Select 3-5 Different Components**

FRUITS VEGETABLES GRAINS PROTEIN MILK

Must include a **FRUIT** OR **VEGETABLE**  
(May take both)

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Monday, February 17



**NO SCHOOL  
TODAY**

Tuesday, February 18

**Breakfast**

Breakfast Sandwich  
Pears

**Lunch**

Snack Combo  
(Toasted Ravioli and  
Mozz Sticks)  
Green Beans  
Baby Carrots  
Chilled or Fresh Fruit

Wednesday, February

**Breakfast**

Cinnamon Rolls  
Mixed Berry Cup

**Lunch**

Korean Style BBQ  
Steamed Rice  
Broccoli  
Baby Carrots  
Fresh or Chilled Fruit  
  
Fortune Cookie

Thursday, February

**Breakfast**

Breakfast Sandwich  
Mixed Fruit

**Lunch**

BBQ Bacon Cheese  
Burgers  
Baked Beans  
Onion Rings  
Fresh or Chilled  
Fruit

Friday, February 21

**Breakfast**

French Toast Sticks  
Applesauce

**Lunch**

Buffalo Ranch Chicken  
Dip W/Tostitos  
Steamed Carrots  
Celery Sticks  
Fresh or Chilled Fruit

# schoolcafe

Go To [www.Schoolcafe.com](http://www.Schoolcafe.com)  
To payments, check your account  
Or apply for free or reduced  
priced meals.

Monday, February 24

**Breakfast**

Pancakes  
Peaches

**Lunch**

Baked Ziti  
Garlic Knot  
Peas  
Roasted Chick Peas  
Fresh or Chilled Fruit

Tuesday, February 25

**Breakfast**

French Toast Sticks  
Pears

**Lunch**

Chicken Tenders  
Roasted Vegetables  
Cucumbers  
Fresh or Chilled Fruit

Ash Wednesday

**Breakfast**

Cinnamon Rolls  
Mixed Berry Cup

**Lunch**

Fish Sandwich  
Tartar Sauce  
French Fries  
Crunchy Broccoli  
Chilled or Fresh Fruit

Thurs, February 27

**Breakfast**

Muffins  
Mixed Fruit

**Lunch**

Chicken Parmesan  
Sandwich  
Green Beans  
Tomato Salad  
Fresh or Chilled Fruit

Friday, February 28

**Breakfast**

Donut Holes  
Applesauce

**Lunch**

Baked Potato Bar  
Broccoli W/WO  
Cheese  
Top it your way!  
Fresh or Chilled Fruit

## NUTRITION TO GO

**Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.**

**A QUICK BITE FOR PARENTS**