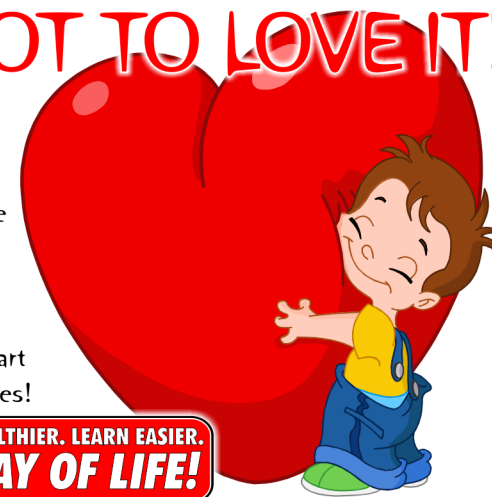


Hopewell

February 2020

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



Don't Forget Breakfast!
A Selection of Cold Cereal W/ Toast
Low Fat Milk, 100% Fruit Juice and Fresh Fruits are Offered Daily in a addition to the posted menu

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



Ground Hog Day! Early Spring?

Monday, February 3

Breakfast

Yogurt W/ Graham Crackers
Hot Oatmeal Bananas or Craisins

Lunch

Pasta W/ Alfredo or Marinara Sauce
Garlic Bread
Broccoli
Roasted Chic Peas
Fresh or Chilled Fruit

Tuesday, February 4

Breakfast

Breakfast Sandwich
Mixed Fruit
100% Juice, Milk

Lunch

Walking Tacos
Refried Beans
Lettuce, Tomatoes, Salsa, Cheese
Fresh or Chilled Fruit

Wednesday,

Breakfast

Breakfast Pizza
Pears
100% Juice, Milk

Lunch

Chicken Tenders
Steamed Carrots
Celery Sticks
Fresh or Chilled Fruit

Thurs, February 6

Breakfast

Mini Waffles
Peaches

Brunch 4 Lunch

Breakfast Sandwich on a Croissant
Roasted Potatoes
Veggie Cup
Applesauce
Fresh Fruit

Friday, February 7

Breakfast

Homemade Muffins
Banana
100% Juice/ Milk

Lunch

Cheese Pizza
Green Beans
Carrot Sticks
Fresh or Chilled Fruit

Monday, February 10

Breakfast

Yogurt W/ Graham Crackers
Hot Oatmeal Bananas or Craisins

Lunch

Spicy or Regular Chicken Sandwich
French Fries
Baby Carrots and Celery Sticks
Fresh or Chilled Fruit

Tuesday, February 11

Breakfast

Breakfast Sandwich
Mixed Fruit
100% Juice, Milk

Lunch

Chicken Fajitas W/ WO Peppers and Onions
Steamed Rice
Seasoned Black Beans and Corn
Strawberry Cup
Fresh Fruit

Wednesday,

Breakfast

Breakfast Pizza
Pears
100% Juice, Milk

Lunch

Meatball Subs (Topped W/ Cheese)
Green Beans
Cucumbers
Fresh or Chilled Fruit

Thurs, February 13

Breakfast

Mini Waffles
Peaches

Lunch

Macaroni and Cheese
Sweet Peas
Tomato Salad
Chilled Fruit
Fresh Fruit

Friday, February 14

Breakfast

No School
Teacher In-Service Day



Happy Valentines Day!

Available Daily

Hot off the Grill

Mon: Burgers

Tues: Hot Dogs

Wed: BBQ Cheesesteaks

Thurs: Pulled Pork Sandwich

Friday: Chicken Sandwich

Daily Options

Deli Bar: Sandwiches Made to Order

Salad Bar: A Fresh Selection of Fruits and Vegetables offered Daily