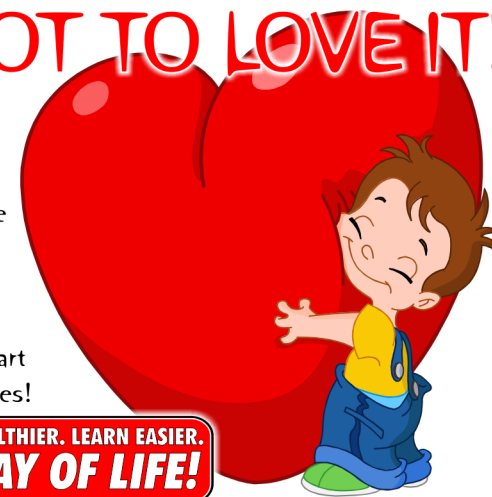


Penns Grove

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
Pancakes
Mixed Fruit

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

Tuesday, February 4

Breakfast
French Toast Sticks
Mixed Berry Cup

Lunch
Enchilada or Burrito
Steamed Rice
Corn
Baby Carrots
Fresh or Chilled Fruit

Wednesday,

Breakfast
Cinnamon Rolls
Pears

Lunch
Spaghetti W/O
Meatsauce or
Marinara
Garlic Bread
Steamed Carrots
Zucchini Sticks

Thurs, February 6

Breakfast
Muffins
Peaches

Lunch
Macaroni and Cheese
Sweet Peas
Tomato Salad
Chilled Fruit
Fresh Fruit

Friday, February 7

Breakfast
Donut Holes
Applesauce Cup

Lunch
Cheesesteak
Peppers and Onions
Green Beans
Carrot Sticks
Fresh or Chilled Fruit

Monday, February 10

Breakfast
Pancakes
Mixed Fruit

Lunch
Hot Ham and Cheese
Sandwich
Potato Wedges
Veggie Boats
Fresh or Chilled Fruit

Great Day for Hot
Soup!

Tuesday, February 11

Breakfast
French Toast Sticks
Mixed Berry Cup

Lunch
Popcorn Chicken
Bowl
Green Beans
Celery sticks
Fresh or Chilled
Fruit

Wednesday,

Breakfast
Cinnamon Rolls
Pears

Lunch
Nachos W/ Hearty
Chili
Lettuce, Tomatoes
Cheese, Sour Cream
Check out the Salad
Bar for Additional
Toppings
Fresh or Chilled Fruit

Thurs, February 13

Breakfast
Muffins
Peaches

Brunch 4 Lunch
Dutch Waffle
Sausage Patties
Hash Browns
100% Fruit Juice
Fresh or Chilled Fruit

Friday, February 14

Breakfast
No School
Teacher
In-Service Day



Happy Valentines
Day!

Available Daily

Hot off the Grill

Mon: Burgers

Tues: Double Dogs

Wed: Breakfast Sandwiches

Thurs: Meatball Sandwich

Friday: Chicken Sandwich

Daily Options

Deli Bar: Sandwiches Made to Order

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