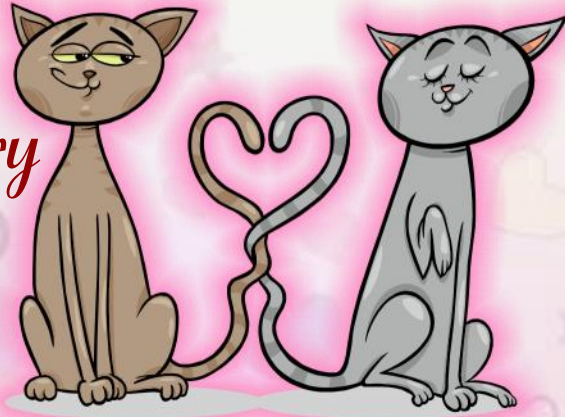


Menus for February 2019

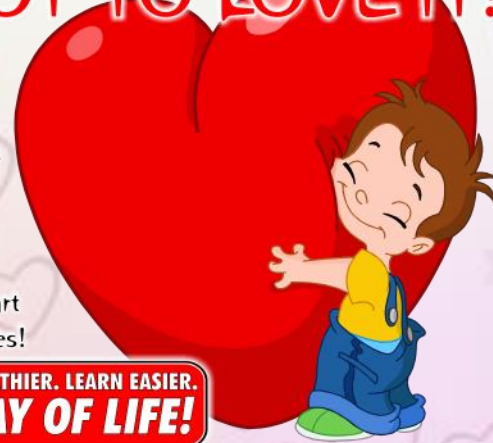
BALDWIN SCHOOL DISTRICT MENU



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

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!



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

Friday, February 1

Lunch
 CHILI CHEESE HOTDOG
 TURKEY & CHEESE WRAP
 OVEN FRIES
 CONFETTI COLESLAW
 CHEF SALAD

Available Daily

CANNED FRUIT
FRESH FRUIT
ASSORTED FRUIT JUICE
MILK CHOICES
DESSERT CHOICE
ASSORTED DIPPING SAUCES
MAYO, MUSTARD & KETCHUP

Monday, February 4

Lunch
 CHICKEN NACHOS
 HAM & CHEESE HOAGIE W/
 TRIMMINGS
 SPANISH RICE
 CORN
 CHEF SALAD

Tuesday, February 5

Lunch
 BBQ PULLED PORK
 SANDWICH
 FISH STICKS
 BAKED BEANS
 PASTA SALAD
 CHEF SALAD

Wednesday, February 6

Lunch
 BEEF-A-RONI W/TOAST
 GRILLED CHICKEN
 SANDWICH W/TRIMMINGS
 GREEN BEAN
 CORN
 CHEF SALAD

Thursday, February 7

Lunch
 CHICKEN ALFREDO W/TOAST
 TURKEY AND CHEESE WRAP
 GREEN BEAN W/POTATOES
 SIDE SALAD W/ DRESSING
 CHEF SALAD

Friday, February 8

Lunch
 CHEESE PIZZA
 HAMBURGER W/ TRIMMING
 CORN
 SIDES SALAD W/ DRESSING
 CHEF SALAD

Monday, February 11

Lunch
 GRILLED CHICKEN
 SANDWICH W/TRIMMINGS
 TURKEY WRAP
 OVEN FRIES
 BAKED BEANS
 PASTA SALAD
 CHEF SALAD

Tuesday, February 12

Lunch
 TACO SALAD
 FISH STICKS
 SPANISH RICE
 CORN
 STEAMED BROCCOLI
 CHEF SALAD

Wednesday, February 13

Lunch
 CHICKEN SPAGHETTI W/
 TOAST
 TUNA SALAD SANDWICH
 GREEN PEAS
 SIDE SALAD W/ DRESSING
 CHEF SALAD

Thursday, February 14

Lunch
 CHICKEN NUGGETS
 BACON CHEESEBURGER W/
 TRIMMINGS
 YEAST ROLL
 MASHED POTATOES
 GREEN PEAS
 CHEF SALAD

Friday, February 15

Lunch
 SAUSAGE PIZZA
 TURKEY & CHEESE HOAGIE
 CORN
 STEAMED BROCCOLI
 SIDE SALAD W/ DRESSING
 CHEF SALAD

1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King with out a moustache. Happy Valentine's Day!

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!



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



Q Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 18



NO SCHOOL TODAY

Tuesday, February 19

Lunch

CHICKEN NUGGETS
MACARONI & HAM SLICE
YEAST ROLL
GREEN BEANS
MASHED POTATOES
CHEF SALAD

Wednesday, February 20

Lunch

VEGETABLE BEEF SOUP W/
SANDWICH
SPICY CHICKEN SANDWICH
W/TRIMMINGS
CARROTS W/DIP
OVEN FRIES
CHEF SALAD

Thursday, February 21

Lunch

BBQ PULLED PORK
TURKEY & CHEESE WRAP
BAKED BEANS
CONFETTI COLESLAW
PASTA SALAD
CHEF SALAD

Friday, February 22

Lunch

PEPPERONI PIZZA
HAMBURGER W/TRIMMINGS
OVEN FRIES
PASTA SALAD
BAKED BEANS
CHEF SALAD

Monday, February 25

Lunch

CHILI CHEESE CORN CHIPS
HAM & CHEESE HOAGIE W/
TRIMMINGS
LIMA BEANS
GLAZED CARROTS
CHEF SALAD

Tuesday, February 26

Lunch

TUNA SALAD SANDWICH
STROMBOLI
BROCCOLI SALAD
GREEN PEAS
CHEF SALAD

Wednesday, February 27

Lunch

BAKED BBQ CHICKEN
CHEESEBURGER W/
TRIMMINGS
MASHED POTATO
PURPLE HULL PEAS
CORN BREAD
CHEF SALAD

Thursday, February 28

Lunch

FISH STICKS
HAM & CHEESE HOAGIE W/
TRIMMINGS
PASTA SALAD
OVEN FRIES
STEAMED BROCCOLI
CHEF SALAD

STRANGE BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!

