

February 2018

Charlo School District 7J



School Information: 02/14 – Valentine’s Day
 02/16 – Mid Term
 02/19 – President’s Day
 02/23 – No School



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Alfredo **1**
 Salad
 Veggies
 Fruit
 Milk

Hot Dogs **2**
 Salad
 Veggies
 Fruit
 Milk

Chicken Nachos **5**
 Salad
 Veggies
 Fruit
 Milk

Pork and Beans **6**
 Salad
 Veggies
 Fruit
 Milk

Chicken Noodle Soup **7**
 Salad
 Veggies
 Fruit / Roll
 Milk

Burgers **8**
 Salad
 Veggies
 Fruit
 Milk

Chicken Strips **9**
 Salad
 Veggies
 Fruit
 Milk

Hamburger Gravy over **12**
 Rice
 Salad
 Veggie / Fruit
 Milk

Quesadillas **13**
 Salad
 Veggie
 Fruit
 Milk

Turkey Gravy over **14**
 Mashed
 Veggie
 Fruit
 Milk

Ham & Noodle Bake **15**
 Salad
 Veggie
 Fruit
 Milk

Mac and Cheese **16**
 Salad
 Veggie
 Fruit
 Milk

This and That **19**
 Salad
 Veggie
 Fruit
 Milk

Burgers **20**
 Salad
 Veggie
 Fruit
 Milk

Chicken Strips **21**
 Salad
 Veggie
 Fruit
 Milk

Sweet & Sour Meatballs **22**
 Over Rice
 Salad
 Veggie / Fruit
 Milk

23
 No School

Corn Dogs **26**
 Salad
 Veggie
 Fruit
 Milk

Lasagna **27**
 Salad
 Veggie
 Fruit
 Milk

Chili & Cinnamon Rolls **28**
 Salad
 Veggie
 Fruit
 Milk

