

February 2019 Lunch Menu

MAKE THEM LOVE TO Try New Foods

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| JANUARY 28 Hot Dog on WG Bun Baked Beans Chilled Applesauce Cup | JANUARY 29 Sloppy Nachos Fresh Broccoli with Ranch Tropical Fruit WG Fresh Baked Cookie | JANUARY 30 Tyson WG Chicken Patty on Bun Tater Tots Sliced Bananas with Chocolate Syrup | JANUARY 31 WG Rotini with Meat Sauce WG Garlic Toast Seasoned Green Beans Chilled Pineapple  | FEBRUARY 1 Tony's WG Cheese Pizza Mixed Green Salad with Ranch Dressing Lunch Bunch Grapes |
| FEBRUARY 4 Charbroiled Cheeseburger on Wheat Bun Starz Fries Chilled Peaches WG Sugar Cookie | FEBRUARY 5 Tyson WG Popcorn Chicken Whole Kernel Corn Chunky Fruit Cup | FEBRUARY 6 Gilardi Cheese Stuffed Breadstick with Dipping Sauce Fresh Broccoli Tropical Fruit  | FEBRUARY 7 WG Baked Ravioli WG Cheesy Breadstick Seasoned Green Beans Applesauce Cup | FEBRUARY 8 Tony's WG Cheese Quesadilla Fresh Baby Carrots with Ranch Chilled Pineapples & Oranges |
| FEBRUARY 11 Tyson WG Chicken Nuggets with Dip Baked Beans Fresh Orange Smiles | FEBRUARY 12 WG Macaroni & Cheese Baby Carrots with Ranch Fresh Fruit In Season WG Bug Bites | FEBRUARY 13 MAGIC TIME ★ NO SCHOOL | FEBRUARY 14 Happy Valentine's Day ♥ Peanut Butter & Jelly Uncrustable Celery Sticks with Ranch Chilled Peaches WG Rice Krispie Treat | FEBRUARY 15 NO SCHOOL FOR STUDENTS STAFF TRAINING DAY |
| FEBRUARY 18 NO SCHOOL PRESIDENT'S DAY  | FEBRUARY 19 Tyson Crispy Chicken Nuggets Superstarz Hashbrowns Pineapples & Oranges | FEBRUARY 20 Tyson WG Chicken Fries with BBQ Sauce Tater Tots Fresh Pears or Apples | FEBRUARY 21 Beef Soft Taco Fresh Broccoli with Ranch Cinnamon Applesauce Cup | FEBRUARY 22 Hot Dog on WG Bun Baked Beans Frozen Fruit Treat |
| FEBRUARY 25 WG Corndog on a Stick Baked Beans Chilled Pineapples & Oranges | FEBRUARY 26 Tyson WG Chicken Nuggets with Dip Tater Tots Mixed Fruit | FEBRUARY 27 Sea Shapes Dinner Wheat Roll Fresh Baby Carrots Fresh Fruit In Season Fresh Baked Cookie | FEBRUARY 28 Peanut Butter & Jelly Uncrustable Seasoned Green Beans Chilled Diced Peaches | MARCH 1 Tony's WG Pepperoni Pizza Mixed Green Salad with Ranch Dressing Fresh Banana Half |
| <p>When available, a Peanut Butter & Jelly Uncrustable is offered daily as an alternate. ½ Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 50¢. We care about healthy options! Look for WG on the menu anywhere we offer a Whole Grain choice for you.</p> | | | | |

You want your child to eat a variety of fruits, vegetables, lean protein, and whole grains. But he wants macaroni and cheese. ALWAYS.

Try these strategies to break through this picky-eater pattern.

Get Their Friends Involved

The next time you're carpooling or have your child's friend over, take the lead in a game of "I like to eat healthy _____, do you?" The kids can go around, answering with foods they enjoy. Make a note to serve some of the foods mentioned by his friends. Your youngsters just may be willing to try ones that his peers like!

Guess The Mystery Ingredient

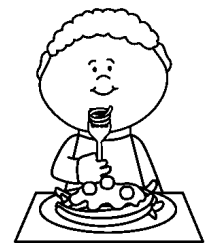
Add an unfamiliar food to a dish that includes a few of your child's favorite ingredients. For example, toss kiwi into a fruit salad. Or put lima beans in mixed vegetables. Have him close his eyes and take a few bites. Let him name the familiar foods and guess the new one.

Explore As A Dinner Guest

When your youngster eats at someone else's house, encourage him to sample a little of whatever is served. He could add a spoonful of beets to his plate, for example, or take a small piece of salmon. When he gets home, ask what he tried. Can he describe its taste? Then, consider making it at home—he might be willing to eat a dish "like the one at Joey's house."

Have A Shopping Day

Making eating fun will get your child excited to try new foods. Make a trip to the store together and let him pick out five new healthy foods that he has not tried before so that he can try each one through the week. You will have a more adventurous eater before you know it!



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.