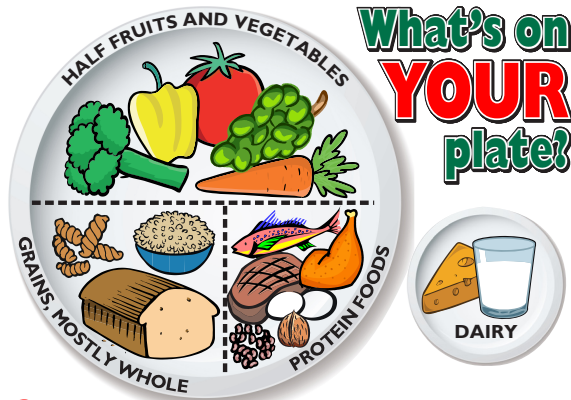


# Menus for February 2012

## Marion County Elementary Schools

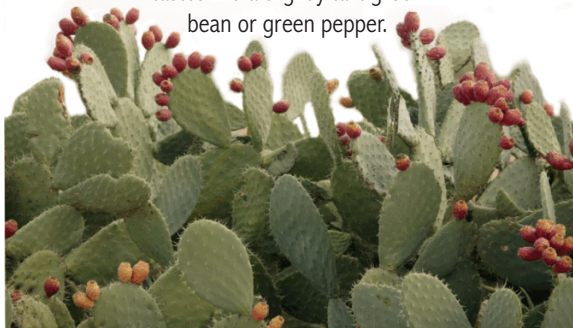
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What's on YOUR plate?

## Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

### Wednesday, February 1

**Daily Breakfast Special**  
Breakfast Tac-Go  
Yogurt & Cereal Parfait

#### LUNCH

##### Entree – Please Select One

Ravioli  
Garlic Breadstick  
Rib BBQ Sandwich

##### Sides – Please Select Two

Seasoned Green Beans  
Tossed Salad  
Fresh Grapes

### Thursday, February 2

**Daily Breakfast Special**  
Cinnamon Toast Sticks  
Yogurt & Cereal Parfait

#### LUNCH

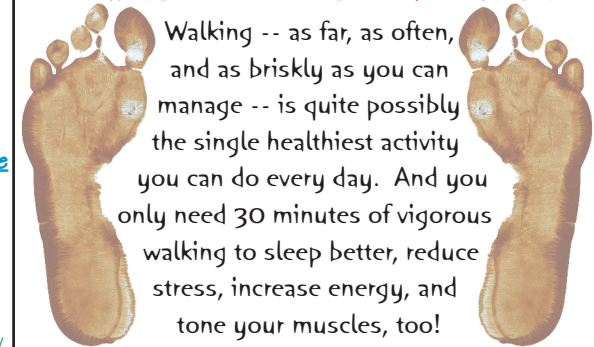
##### Entree – Please Select One

Salisbury Steak & Gravy  
Southern Style Biscuit  
Deli Wrap

##### Sides – Please Select Two

Mashed Potatoes & Gravy  
Sweet Green Peas  
Fresh Assorted Fruit

## MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

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

### Friday, February 3

**Daily Breakfast Special**  
Bagel w/Cream Cheese

#### LUNCH

##### Entree – Please Select One

Pizza Wedge  
Manager's Choice

##### Sides – Please Select Two

Buttered Corn  
Green Hornet Applesauce  
Fresh Assorted Fruit

### Available Daily

**Breakfast:** Choice of Daily Specials (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

**Lunch:** Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "Extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

**Nutrition Information:** In Marion County, we're serious about good nutrition -- our full-time Registered Dietitian plans all of our menus! An asterisk (\*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

### Breakfast

Complimentary for all Students

### Lunch

**\$1.60** Elementary Student Lunch  
**\$2.75** Adult Lunch

We provide free and reduced-price lunches (\$.40) for eligible students. Please call your school for details.



### Monday, February 6

**Daily Breakfast Special**  
Breakfast Pizza

#### LUNCH

##### Entree – Please Select One

Cheeseburger w/Pickles  
Yogurt Cheese & Fruit Meal

##### Sides – Please Select Two

Seasoned Green Beans  
Potato Stars  
Fresh Assorted Fruit

### Tuesday, February 7

**Daily Breakfast Special**  
Snack N Waffles  
Yogurt & Cereal Parfait

#### LUNCH

##### Entree – Please Select One

Chicken & Rice  
Dinner Roll  
Turkey & Cheese on a Bun

##### Sides – Please Select Two

Broccoli w/Cheese  
Mixed Fruit  
Fresh Assorted Fruit

### Wednesday, February 8

**Daily Breakfast Special**  
Sausage Biscuit  
Yogurt & Cereal Parfait

#### LUNCH

##### Grab-N-Go Bagged Lunch

Manager's Choice  
Fresh Deli Shop Wrap  
w/Baked Chips

Early Release Day

### Thursday, February 9

**Daily Breakfast Special**  
Sunrise Burrito  
Yogurt & Cereal Parfait

#### LUNCH

##### Entree – Please Select One

Beefaroni  
Garlic Bread Stick  
Chicken Caesar Salad

##### Sides – Please Select Two

California Mix  
Diced Pears  
Fresh Assorted Fruit

### Friday, February 10

**Daily Breakfast Special**  
Pancake on a Stick

#### LUNCH

##### Entree – Please Select One

Pizza Dippers  
Marinara Sauce  
Manager's Choice

##### Sides – Please Select Two

Sweet Green Peas  
Peaches  
Fresh Fruit

## Start your day the Parfait Way

No, our new Breakfast Parfait isn't served in a fancy tall glass, but who cares? We make it with creamy Yoplait Yogurt, crunchy General Mills cereals like Cinnamon Toast Crunch, and delicious fruit -- and now it's available every Tuesday through Thursday morning for breakfast at your school. Give it a try!



Monday, February 13

Daily Breakfast Special  
Cheesy Omelet & Biscuit

LUNCH

Entree - Please Select One

- Chicken Nuggets
- Dinner Roll
- Cheese Quesadilla

Sides - Please Select Two

- Steamed Broccoli
- Diced Pears
- Fresh Assorted Fruit

Tuesday, February 14

**Happy Valentine's Day**

Daily Breakfast Special  
Mini Pancakes  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Mac N Cheese w/Ham
- Southern Style Biscuit
- Meatball Sub

Sides - Please Select Two

- Seasoned Green Beans
- Diced Peaches
- Fresh Assorted Fruit

**Extra**  
Valentine's Day Dessert

Wed., February 15

Daily Breakfast Special  
Breakfast Tac-Go  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- BBQ Pork Sandwich
- Hot Dog

Sides - Please Select Two

- Cole Slaw
- Baked Beans
- Fresh Assorted Fruit

Friday, February 17

Daily Breakfast Special  
Bagel w/Cream Cheese

LUNCH

Entree - Please Select One

- Cheesy Garlic Flatbread Pizza
- Manager's Choice

Sides - Please Select Two

- Mixed Vegetables
- 100% Juice
- Fresh Assorted Fruit



Every complete meal we serve includes your choice of milk: skim, one percent lowfat white, or 1/2 percent lowfat strawberry or chocolate

Friday, February 24

Daily Breakfast Special  
Pancake on a Stick

LUNCH

Entree - Please Select One

- Teriyaki Dippers
- Rice
- Manager's Choice

Sides - Please Select Two

- Sweet Corn
- Diced Peaches
- Fresh Assorted Fruit

Monday, February 27

Daily Breakfast Special  
Cheesy Omelet & Biscuit

LUNCH

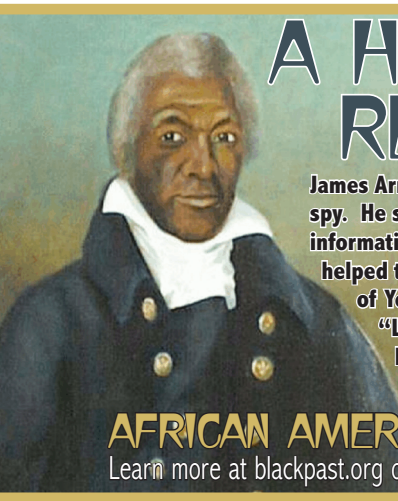
Entree - Please Select One

- Grilled Cheese Sandwich
- Turkey Corn Dog

Sides - Please Select Two

- Tomato Soup
- Diced Pears
- Fresh Assorted Fruit

**PARENTS:**  
For your convenience and peace of mind, you can pay for meals online at [mymarionfsdir.marion.k12.fl.us/Parent](http://mymarionfsdir.marion.k12.fl.us/Parent) or call 352-671-4194 for more information.



# A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

## AFRICAN AMERICAN HISTORY MONTH

Learn more at [blackpast.org](http://blackpast.org) or do a search for James Armistead Lafayette

Thursday, February 16

Daily Breakfast Special  
Cinnamon Toast Sticks  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Taco Nachos
- Lettuce/Cheese Cup
- Crispy Chicken Sandwich

Sides - Please Select Two

- Sweet Corn
- Mixed Fruit
- Fresh Assorted Fruit

Monday, February 20

**Presidents' Day**



**No School Today**

Tuesday, February 21

Daily Breakfast Special  
Snack N Waffles  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Tangerine Chicken
- Rice
- Stuffed Crust Pizza

Sides - Please Select Two

- Steamed Broccoli
- Diced Pineapple
- Fresh Assorted Fruit

Wed., February 22

Daily Breakfast Special  
Sausage Biscuit  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Chili w/Cheese & Crackers
- Deli Sub

Sides - Please Select Two

- Baked Fries
- Mixed Fruit
- Fresh Assorted Fruit

Thursday, February 23

Daily Breakfast Special  
Sunrise Burrito  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Turkey & Gravy w/Biscuit
- Yogurt, Cheese & Fruit Meal

Sides - Please Select Two

- Mashed Potatoes
- Seasoned Green Beans
- Fresh Assorted Fruit

Tuesday, February 28

Daily Breakfast Special  
Mini Pancakes  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Mashed Potato Bowl
- Dinner Roll
- Burrito

Sides - Please Select Two

- Mixed Vegetables
- 100% Juice
- Fresh Assorted Fruit

# 365.2422

That's how many days it takes the earth to orbit the sun . . . and that's why we have leap year. We add a day to the month of February every four years to make up for the .2422 days that just won't fit in our regular year!



# LEAP YEAR 2012

Wed., February 29

**Leap Day!**

Daily Breakfast Special  
Breakfast Tac-Go  
Yogurt & Cereal Parfait

LUNCH

Entree - Please Select One

- Ham & Cheese on Bun
- Chicken Quesadilla

Sides - Please Select Two

- Sweet & Spicy Fries
- Rosy Applesauce
- Fresh Fruit