



Beets

**\*Parents-Check out our Health and Nutrition Bulletin Board at each site-It has great free resources and handouts!**

01

B: Kix cereal, Apple slices, Milk  
L: Taco Soup with beans and veggies, Tortilla Chips, Banana, Milk  
S: Cheese stick, Graham crackers, Milk

05

B: Yogurt with blue berries, graham crackers, Milk

L: Tuna melt, carrot sticks, Apples, milk

S: Cheese quesadilla, Milk

06

B: French Toast bread, applesauce, Milk

L: Zuchninni **Lasagne**, garlic bread, Oranges, Milk  
S: Pretzels, Cheese stick, Milk

07

B: Scrambled Egg, WW toast, pears, Milk

L: Pulled pork sandwich on WW bun, cabbage/apple slaw, Milk  
S: **Chocolate Beet Bread**, Milk

08

B: Cheerio's, peaches, Milk

L: French onion soup, Roast beef and Cheese Sandwiches on WW roll, Apples, Milk  
S: Bagel with cream cheese, Milk

12

B: Cream of wheat with cinnamon, peaches, milk

L: Pork Roast, Sweet potato fries, Apples, Milk

S: Chex mix with dried fruit, milk

13

B: Mini waffles with Peanut butter, orange slices, Milk

L: **Italian chicken** potatoes/brussel sprouts, apples, milk

S: Banana bread, milk

14

B: Valentine super smoothie with fruit and **beets**, milk, graham crackers

L: Sloppy joes on WW roll, Broccoli, Orange slices, Milk

S: Beet Hummus, WW crackers, Milk

15

B: Corn Chex, Pears, Milk

L: Beef and veggie soup, with Brown rice, banana, milk

S: Carrot Sticks with dip, Pretzels, Milk

19

B: Graham Crackers, cottage cheese with blueberries, Milk

L: Goulash with chicken, **beets**, oranges, milk

S: **Grapes**, string cheese, Milk

20

B: Cream of Wheat, apple slices Milk

L: Baked Fish, roasted asparagus, WW Roll, peaches Milk

S: Deli meat and cheese roll up, Milk

21

B: Cinnamon bread, applesauce, Milk

L: **Spaghetti**, green beans, banana, milk

S: WW mini waffles with PB and Milk

**22 "Special Treat Day"**

B: Fruit Salad, PB Toast, Milk

L: Chicken noodle soup with peas, WW roll, apples, milk  
Special Treat for FD and AM ½ day Classes

S: Cheese, WW crackers, milk  
Special treat for PM class and Eureka

26

B: Oatmeal, strawberries, milk

L: 100% beef hotdog, tater tots, Orange slices, milk

S: **blueberry** oatmeal muffin, milk

27

B: Baked WW french toast, berry sauce, milk

L: Chicken caesar salad, WW pita bread, orange slices, milk

S: WW **breadstick**, **marinara**, milk

28

B: Yogurt, bananas, Milk

L: Ham and Cheese sandwich, salad, apple slices, Milk

S: PB/J rollup on WW tortilla, Milk

29

B: Kix, Berries, Milk

L: **Beet and Sweet roasted potatoes**, Baked chicken, peaches, Milk

S: Carrots/Broccoli with dip, pretzels and milk: