<table>
<thead>
<tr>
<th>Monday, February 3</th>
<th>Tuesday, February 4</th>
<th>Wednesday, February 5</th>
<th>Thursday, February 6</th>
<th>Friday, February 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>No School</td>
<td>Mini Strawberry Pancakes</td>
<td>Hot Ham and Cheese</td>
<td>Breakfast on a Stick</td>
<td>Breakfast Pizza</td>
</tr>
<tr>
<td></td>
<td>Breakfast Bar</td>
<td>Assorted Cereals</td>
<td>Assorted Cereals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Assorted Cereals</td>
<td>Oatmeal</td>
<td>Oatmeal</td>
<td></td>
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<tr>
<td></td>
<td>Oatmeal</td>
<td>Yogurt Parfait</td>
<td>Yogurt Parfait</td>
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<tr>
<td></td>
<td>Yogurt Parfait</td>
<td>Toast</td>
<td>Toast</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Chicken Tenders and Goldfish</td>
<td>Lasagna Roll</td>
<td>Chicken Quesadilla</td>
<td>Chicken Tenders and Goldfish</td>
<td>Meatball Sub with Chips</td>
</tr>
<tr>
<td>Cheese or Pepperoni Pizza</td>
<td>Cheeseburger</td>
<td>Cheese or Pepperoni Pizza</td>
<td>Cheese or Pepperoni Pizza</td>
<td>Chicken Nuggets with Roll</td>
</tr>
<tr>
<td>Turkey and Cheese Sub</td>
<td>Turkey Munchable</td>
<td>Ham and Cheese Sub</td>
<td>Ham and Cheese Sub</td>
<td>P, B and J Sandwich</td>
</tr>
<tr>
<td>Classic Chef Salad</td>
<td>Fruit and Yogurt Parfait</td>
<td>Chicken Caesar Salad</td>
<td>Chicken Caesar Salad</td>
<td>Cheese or Yogurt Parfait</td>
</tr>
<tr>
<td>Fruit and Yogurt Parfait</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**All Meals include “All You Can Eat” variety of fresh and canned fruits and vegetables.**

Sign up for access to your student’s account with “MySchoolbucks” available on the district website. You can view your child’s account activity as well as an optional online payment service.

To learn more about free and reduced-price meal assistance: Nutrition Services 503-668-3377
## 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!

### NO SCHOOL TODAY

**Monday, February 17**
- **Breakfast**
  - Breakfast Bar
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - “Breakfast for Lunch”
  - French Toast and Sausage
  - Cheese or Pepperoni Pizza
  - Turkey and Cheese Sub
  - Classic Chef Salad
  - Fruit and Yogurt Parfait

**Tuesday, February 18**
- **Breakfast**
  - Mini Strawberry Pancakes
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Cheese Ravioli
  - Cheeseburger
  - Turkey Munchable
  - Fruit and Yogurt Parfait

**Wednesday, February 19**
- **Breakfast**
  - Hot Ham and Cheese
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Bean and Cheese Burrito
  - Cheese or Pepperoni Pizza
  - Ham and Cheese Sub
  - Chicken Caesar Salad
  - Fruit and Yogurt Parfait

**Thursday, February 20**
- **Breakfast**
  - Breakfast on a Stick
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Fish and Chips
  - Chicken Sandwich
  - P, B and J Sandwich
  - Fruit and Yogurt Parfait
  - “Cookie Friday”

**Friday, February 21**
- **Breakfast**
  - Breakfast Pizza
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Toasted Cheese and Soup
  - Chicken Sandwich
  - P, B and J Sandwich
  - Fruit and Yogurt Parfait
  - “Cookie Friday”

**Monday, February 24**
- **Breakfast**
  - Cinnamon Breakfast Round
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Sloppy Joe with Chips
  - Chicken Nuggets with Roll
  - P, B and J Sandwich
  - Fruit and Yogurt Parfait

**Tuesday, February 25**
- **Breakfast**
  - Cinnamon Roll
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Pulled Pork Sandwich ‘n Tots
  - Cheese or Pepperoni Pizza
  - Combo Sub
  - Classic Chef Salad
  - Fruit and Yogurt Parfait

**Wednesday, February 26**
- **Breakfast**
  - Mini Maple Waffles
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Chicken Alfredo
  - Cheeseburger
  - Pizza Munchable
  - Fruit and Yogurt Parfait

**Thursday, February 27**
- **Breakfast**
  - Sausage and Cheese Sandwich
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Soft Tacos
  - Cheese or Pepperoni Pizza
  - Tuna Sub
  - Chicken Caesar Salad
  - Fruit and Yogurt Parfait

**Friday, February 28**
- **Breakfast**
  - Breakfast Pizza
  - Assorted Cereals
  - Oatmeal
  - Yogurt Parfait
  - Toast

- **Lunch**
  - Toasted Cheese and Soup
  - Chicken Sandwich
  - P, B and J Sandwich
  - Fruit and Yogurt Parfait
  - “Cookie Friday”

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### Nutrition to Go

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

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### What’s on Your Plate?

- **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!

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### Learn more at

[www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or


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### A Quick Bite for Parents

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