

Monday	Tuesday	Wednesday	Thursday	Friday
1-Feb Crispy Burrito Spanish Rice Salsa	2-Feb BBQ Rib Sandwich Mandarin Orange Wedges	3-Feb Ham & Cheese Hoagie Bag of Doritos	NEW! 4-Feb Taco Pie Cinnamon Sugar Apple Slices	5-Feb Crispy Chicken Burger Potato Wedges
Cereal Choice Fresh Fruit & Milk	Blueberry Mini Loaf Fresh Fruit & Milk	Fresh Baked Energy Bar Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Cheese Stuffed Breadstick Fresh Fruit & Milk
NEW! 8-Feb Mini Burgers! Baked Golden French Fries	NEW! 9-Feb Taco Soup Crispy Tortilla Chips	10-Feb Chicken Nuggets Fluffy Biscuit & Gravy	11-Feb Beefy Taco Salad Cheesy Breadstick Sweetheart Jello Cake <i>early release</i>	12-Feb No School 4 day weekend!
Cereal Choice Fresh Fruit & Milk	Blueberry Mini Loaf Fresh Fruit & Milk	Fresh Baked Energy Bar Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Cheese Stuffed Breadstick Fresh Fruit & Milk

Loving Your Family



Can you name another way to keep your heart healthy? If you said “exercise” you’re right! Every time you are physically active enough to increase your heart rate you are strengthening your heart muscle. Encourage children to have fun in active play for 60 minutes every day. Set out washed and sliced fruits and veggies for children to snack on after school and after play. This will keep your child’s heart strong and healthy!

I Can Feel My Heart Beat

Jump or jog in place for 20 seconds. Now press your fingers gently on your neck beneath your jaw bone and feel your heart beat. The heart muscle pumps blood to nourish your brain, muscles and every part of your body. To help it beat properly and keep blood pressure in check it needs a mineral called potassium.

You can feed your heart potassium by eating plenty of vegetables and fruits. Aim to eat one or two servings from these food groups at every meal. These are extra high in potassium:



Papaya Sweet potatoes Prunes & raisins Potatoes
Melons Tomatoes Banana Avocado
Oranges/juice Green beans Pears Carrots



Meal Prices: Elementary - Breakfast \$ No Charge, Lunch \$2.25. **Middle School** - Breakfast \$1.50, Lunch \$2.75. **High School** - Breakfast \$1.50, Lunch \$2.75, **Adult** - Lunch \$3.75. **Reduced Price** Breakfast \$0.00 - Lunch \$0.40. Milk \$0.50. Menu subject to change

Mt. Vernon School District

Did you know: Each lunch comes complete with Salad Bar or choice of fresh fruit and vegetable! And milk!

Monday	Tuesday	Wednesday	Thursday	Friday
15-Feb <i>No School</i> President's Day Holiday	16-Feb Crispy Burrito <i>Ciinamon sugar applesauce</i>	NEW! 17-Feb Spaghetti w. beefy red sauce <i>Garlic Breadstick</i>	18-Feb Crispy Shell Beef Tacos <i>Cinnamon Churro</i>	19-Feb Cheese Pizza <i>Mixed Fruit</i>
	Blueberry Mini Loaf <i>Fresh Fruit & Milk</i>	Fresh Baked Energy Bar <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cheese Stuffed Breadstick <i>Fresh Fruit & Milk</i>
22-Feb Chicken Nuggets <i>Fluffy Biscuit & Gravy</i>	23-Feb NEW! Macaroni & Ground Beef <i>Green Salad</i>	24-Feb Hamburger <i>Baked Golden French Fries</i>	<div data-bbox="1218 657 1900 1323" data-label="Complex-Block"> <h3>Kids in the Kitchen</h3> <p>Banana Split Oatmeal</p> <ul style="list-style-type: none"> 1/3 cup rolled oats 3/4 cup milk (nonfat or 1%) 1 small scoop nonfat frozen yogurt 1/2 banana, sliced 2 strawberries (optional) <ol style="list-style-type: none"> 1. Measure oats into a microwave safe cereal bowl. Stir in milk. 2. Microwave for 3 minutes, stirring after each minute. 3. Top with frozen yogurt, banana. 4. Wash and stem strawberries, slice vertically so that slices are heart shaped. Arrange on top of cereal. <p>Makes 1 serving. Find this and other healthy, inexpensive recipes at: http://recipefinder.nal.usda.gov/</p>   </div>	
Cereal Choice <i>Fresh Fruit & Milk</i>	Blueberry Mini Loaf <i>Fresh Fruit & Milk</i>	Fresh Baked Energy Bar <i>Fresh Fruit & Milk</i>		
25-Feb Beefy Taco Salad <i>Cheesy Breadstick</i>	26-Feb Pepperoni Pizza <i>Mandarin Orange Wedges</i>	FREE & REDUCED FACTS Free & Reduced Forms have to be filled out each year by October 15 to avoid meal charges and loss of benefits.		
Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cheese Stuffed Breadstick <i>Fresh Fruit & Milk</i>			

Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office. Funded through the Office of the Superintendent of Public Instruction in cooperation with Washington State University Extension.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer." Menu subject to change without notice. Questions? Call David Connors at (360) 428-6149