

MENUS FOR FEBRUARY 2017

GREAT FALLS ELEMENTARY SCHOOL



This institution is an equal opportunity provider. Menus are subject to change.

HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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

PRICES:

Lunch K-8 **\$2.75**

Lunch 9-12 **\$3.00**

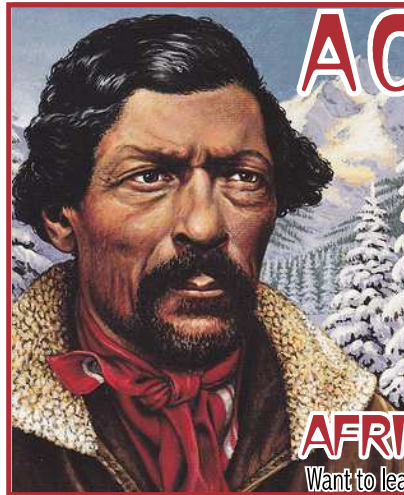
Breakfast K-12 **\$1.25**

Reduced Price Lunch **\$.40**

www.gorhamschools.org/food_service/



A CHIEF OF ALL CHIEFS



Jim Beckwourth was born a slave in Virginia around 1800. He became a legendary mountain man, fur trader, hunter, and explorer in the untamed Western U.S. during the 1820's and 30's. Beckwourth discovered a mountain pass near Lake Tahoe that still bears his name. He spent much of his adult life in the West living with Apaches, Sacs, and other Native Americans, who gave him the name Dark Sky. Beckwourth led the Crows in battle against the Blackfeet and was named "A Chief of All Chiefs" by the Crow Nation. Later, he established trading posts that became the towns of Pueblo, Colorado and Beckwourth, California. Beckwourth died in a Crow village in Montana in 1866.

AFRICAN AMERICAN HISTORY MONTH

Want to learn more? Start by going to Blackpast.org or doing a search for Jim Beckwourth.

Wednesday, February 1

Fresh from the Oven
Pizza with Whole Grain Crust
Uncrustable PBJ
Tangy Tomato Soup with Goldfish

Salad Bar, Including:
Fresh Caesar Salad
Crisp Corn
Plump Peaches
Fruit Cocktail

Thursday, February 2

Nachos with Cheese
Quesadillas, Chicken & Cheese
Uncrustable PBJ
Hoodsie Cup!!

Salad Bar, Including:
Black Bean & Corn Salsa
Juicy Red Tomatoes
Romaine Lettuce
Mozzarella Cheese
Crisp Corn
Fruit Cocktail
Pineapple

Friday, February 3

French Toast Sticks with Syrup
Bagel & Cream Cheese
Scrumptious Scrambled Eggs
Uncrustable PBJ

Salad Bar, Including:
Hash Brown Potatoes
Baked Beans
Sliced Apples w/ Cinnamon
Pears in Extra Light Syrup



Monday, February 6

Baked Chicken
Mashed Potatoes
Chicken Gravy
Uncrustable PBJ

Salad Bar, Including:
Sweet Red Peppers
Melon -Cantaloupe
Melon -Honeydew
Cool Cucumbers
Broccoli
Brown Rice Pilaf
Crunchy Cole Slaw

Tuesday, February 7

WG Pasta with Meat Sauce
Whole Grain Buttered Noodles
Uncrustable PBJ
Whole Grain Breadstick

Salad Bar, Including:
Romaine Lettuce
Crispy Carrots
Fresh Spinach
Crunchy Broccoli
Juicy Red Tomatoes
Cool Cucumbers
Fancy Chickpeas
Fresh Cut-Up Fruit
Applesauce

Wednesday, February 8

Pazzo Bread with Dipping Sauce
Uncrustable PBJ
Tangy Tomato Soup with Goldfish

Salad Bar, Including:
Fresh Caesar Salad
Crisp Corn
Plump Peaches
Fruit Cocktail

Thursday, February 9

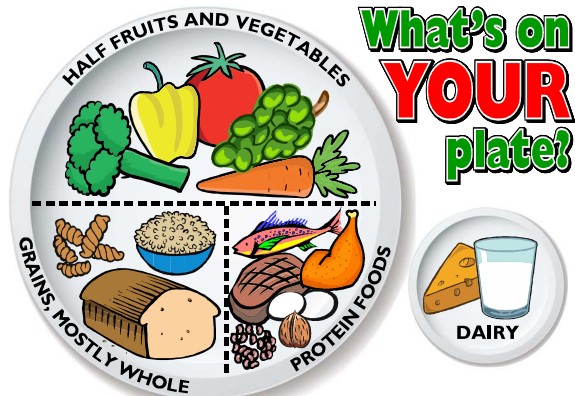
Cheeseburger on a Whole Grain Bun
Hot Dog on a Whole Grain Roll
Uncrustable PBJ

Salad Bar, Including:
Oven-Baked French Fries
Romaine Lettuce
Juicy Red Tomatoes
Puckery Pickles
Applesauce
Plump Peaches

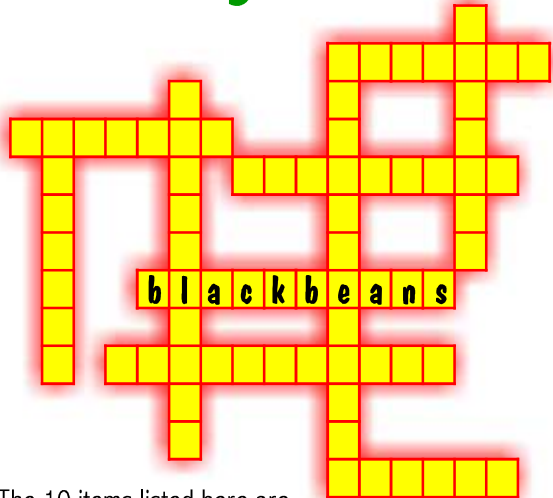
Friday, February 10

Waffle Sticks with Syrup
Bagel & Cream Cheese
Scrumptious Scrambled Eggs

Salad Bar, Including:
Hash Brown Potatoes
Baked Beans
Sliced Apples w/ Cinnamon
Pears in Extra Light Syrup



Can you fit in the "hearty" foods?



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates — and you should also try to fit them in to the crossword puzzle above!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 13

Chicken Burger on a Whole Grain Bun
Bagel & Yogurt
Uncrustable PBJ
Salad Bar, Including:
Romaine Lettuce
Crispy Carrots
Fresh Spinach
Crunchy Broccoli
Juicy Red Tomatoes
Cool Cucumbers
Fancy Chickpeas
Fresh Cut-Up Fruit
Applesauce

Tuesday, February 14

Pasta & Mighty Meatballs
Fantastic Fish Burger
Uncrustable PBJ
Assorted Pudding!!
Salad Bar, Including:
Romaine Lettuce
Crispy Carrots
Fresh Spinach
Crunchy Broccoli
Juicy Red Tomatoes
Cool Cucumbers
Fancy Chickpeas
Fresh Cut-Up Fruit
Applesauce

Wednesday, February 15

Early Release BAG LUNCH!!

Thursday, February 16

Popcorn Chicken
BBQ Pulled Pork on a Roll
Oven Fries
Uncrustable PBJ
Salad Bar, Including:
Romaine Lettuce
Crispy Carrots
Fresh Spinach
Crunchy Broccoli
Juicy Red Tomatoes
Cool Cucumbers
Fancy Chickpeas
Fresh Cut-Up Fruit
Applesauce

Friday, February 17

French Toast Sticks with Syrup
Bagel & Cream Cheese
Scrumptious Scrambled Eggs
Uncrustable PBJ

Salad Bar, Including:
Hash Brown Potatoes
Baked Beans
Sliced Apples w/ Cinnamon
Pears in Extra Light Syrup

Winter Break!
Last Day of Classes
February 17

Classes Resume
February 27

Breakfast Specials
Monday—Super Cinnamon Bunn
Tuesday—Mini Bagel W/ Cinnamon or Strawberry Cream Cheese Filling
Wednesday—Breakfast Breads
Thursday—Breakfast Pizza
Friday—Sausage Pancake on a Stick

Available Daily:
Assorted Cereal
Fruit
100% Juice
Milk—Variety

Monday, February 27

Fish or Chicken Bites
Uncrustable PBJ

Salad Bar, Including:
Sweet Red Peppers
Melon -Cantaloupe
Melon -Honeydew
Cool Cucumbers
Broccoli
Brown Rice Pilaf
Crunchy Cole Slaw

Tuesday, February 28

WG Pasta with Meat Sauce
Whole Grain Buttered Noodles
Uncrustable PBJ
Whole Grain Breadstick
Salad Bar, Including:
Romaine Lettuce
Crispy Carrots
Fresh Spinach
Crunchy Broccoli
Juicy Red Tomatoes
Cool Cucumbers
Fancy Chickpeas
Fresh Cut-Up Fruit
Applesauce

Every complete meal we serve comes with your choice of milk!

NUTRITION TO GO

The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can't pollinate without them!

A TASTY MORSEL FOR PARENTS