

MENUS FOR FEBRUARY 2017

**NARRAGANSETT
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:

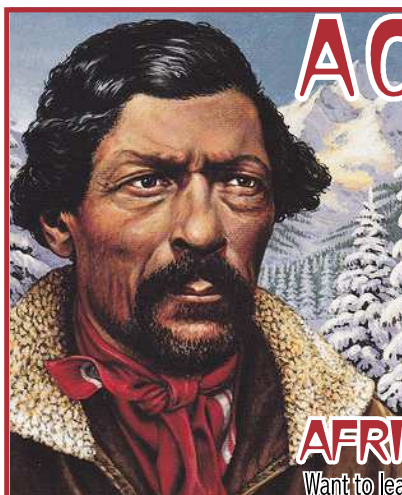
Lunch K-8 **\$2.75**

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

Pasta with Mighty Meat sauce
Whole Grain Buttered Noodles
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
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

Thursday, February 2

Nachos
Terrific Tacos
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Hoodsie Cup!!
Salad Bar, Including:
Black Bean & Corn Salsa
Juicy Red Tomatoes
Romaine Lettuce
Mozzarella Cheese
Crisp Corn
Fruit Cocktail
Pineapple

Friday, February 3

Waffle Sticks with Syrup
Bagel & Cream Cheese
Scrumptious Scrambled Eggs
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Salad Bar, Including:
Hash Brown Potatoes
Baked Beans
Yummy Fruit-of-the-Day!
Pears in Extra Light Syrup



Monday, February 6

Grilled Cheese Sandwich
Chicken Salad Submarine
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Assorted Pudding
Salad Bar, Including:
Sweet Red Peppers
Puckery Pickles
Juicy Red Tomatoes
Awesome Onions
Fruit Cocktail
Applesauce

Tuesday, February 7

Pasta with Mighty Meat sauce
Whole Grain Buttered Noodles
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
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

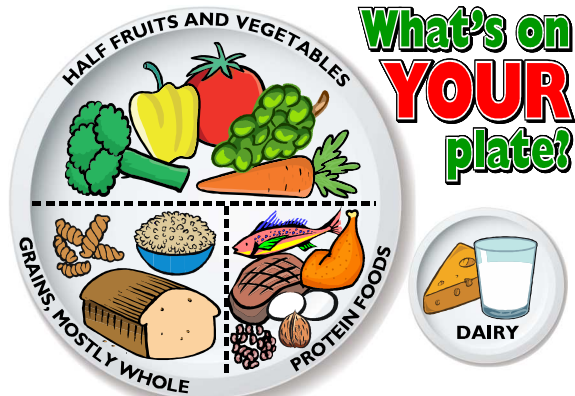
Pazzo Bread with Dipping Sauce
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Tangy Tomato Soup with Goldfish
Salad Bar, Including:
Fresh Caesar Salad
Crisp Corn
Plump Peaches
Fruit Cocktail

Thursday, February 9

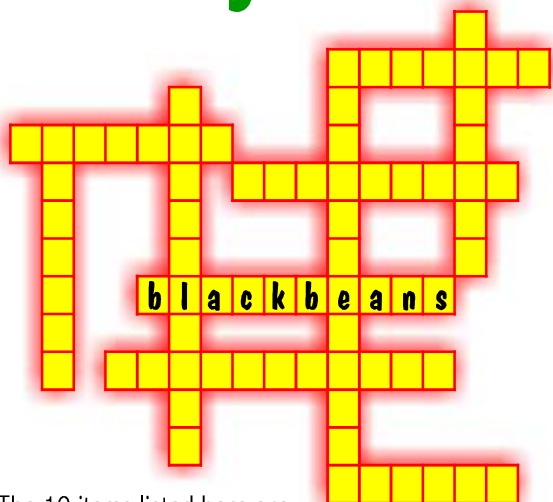
Cheeseburger on a Whole Grain Bun
BBQ Pulled Pork on a Roll
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Salad Bar, Including:
Oven-Baked French Fries
Romaine Lettuce
Juicy Red Tomatoes
Puckery Pickles
Applesauce
Plump Peaches

Friday, February 10

French Toast Sticks with Syrup
Bagel & Cream Cheese
Scrumptious Scrambled Eggs
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Salad Bar, Including:
Hash Brown Potatoes
Baked Beans
Yummy Fruit-of-the-Day!
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!

**Almonds
Asparagus
Oatmeal**

**Walnuts
Spinach
Salmon**

**Blueberries
Strawberries
Black Beans
Cantaloupe**

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

Monday, February 13

Pasta with Mighty Meat sauce
Whole Grain Buttered Noodles
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
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

Tuesday, February 14

Valentine's Day Feast!!
Roast Turkey or Pork
Low Fat Gravy
Whole Wheat Roll
Yummy Dessert!

Salad Bar, including:
Mashed Potatoes
Bread Stuffing
Succulent Squash
Green Peas
Cranberry Sauce
Pineapple

Wednesday, February 15

**Early Release
BAG LUNCH!!**



Thursday, February 16

Nachos
Terrific Tacos
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Hoodsie Cup!!
Salad Bar, Including:
Black Bean & Corn Salsa
Juicy Red Tomatoes
Romaine Lettuce
Mozzarella Cheese
Crisp Corn
Fruit Cocktail
Pineapple

Friday, February 17

Whole Grain Pancakes with Syrup
Bagel & Cream Cheese
Scrumptious Scrambled Eggs
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Salad Bar, Including:
Hash Brown Potatoes
Baked Beans
Yummy Fruit-of-the-Day!
Pears in Extra Light Syrup



Monday, February 27

Cheeseburger on a Whole Grain Bun
BBQ Pulled Pork on a Roll
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
Salad Bar, Including:
Oven-Baked French Fries
Romaine Lettuce
Juicy Red Tomatoes
Puckery Pickles
Applesauce
Plump Peaches

Tuesday, February 28

Pasta with Mighty Meat sauce
Whole Grain Buttered Noodles
Ham & Cheese Sandwich with Fun Size Chips
Turkey & Cheese Sandwich with Fun Size Chips
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!

