

# BAY SHORE ELEMENTARY SCHOOLS

# February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
BAKED CHICKEN NUGGETS <b>7</b> SWEET POTATO GREEN BEANS WHEAT BREAD CHILLED APPLE SAUCE	<i>NEW ITEM!</i> <b>2</b> TACO WRAP LETTUCE & SALSA FLUFFY RICE & BEANS CHILLED FRUIT	<b>3</b> BEEF LASAGNA STEAMED BROCCOLI ITALIAN BREAD FRUIT JUICE ICY	<b>4</b> GALAXY PIZZA VEGGIE STICKS & DIP SEASONAL FRESH FRUIT	<b>5</b> SUPERINTENDENT'S CONFERENCE DAY  <i>NO SCHOOL</i>
MINI BURGER <b>8</b> SLIDERS LETT, TOM & PICKLES OVEN POTATOES CHILLED MIXED FRUIT CUP	<b>9</b> CHICKEN FAJITA WRAP LETTUCE & SALSA FLUFFY BROWN RICE FRUITY GELATIN CUP	<b>10</b> FRESH MINESTRONE BAKED BEEF & MACARONI ROASTED MED VEG ITALIAN BREAD CHILLED PEARS	<i>CHINESE NEW YEAR LUNCHEON</i> <b>11</b> CHICKEN STIR-FRY YELLOW RICE FORTUNE COOKIE MANDARIN ORANGE	<b>12</b> FRENCH BREAD PIZZA VEGGIE STICKS & DIP SEASONAL FRESH FRUIT <i>SPECIAL COOKIE LINCOLN'S BIRTHDAY</i>
<b>15</b> MID-WINTER RECESS  <i>PRESIDENT'S DAY</i>	<b>16</b> MID-WINTER RECESS  <i>MARDI GRAS</i>	<b>17</b> MID-WINTER RECESS  <i>ASH WEDNESDAY</i>	<b>18</b> MID-WINTER RECESS	<b>19</b> MID-WINTER RECESS
BAKED CHICKEN NUGGETS <b>22</b> WHIPPED SWEETS GARDEN PEAS WHEAT BREAD CHILLED APPLE SAUCE	<b>23</b> BEEF NACHO SALAD OVER RICE & BEANS TORTILLA CHIPS CHILLED PEACHES	<b>24</b> TURKEY VEG SOUP TOASTED HAM & CHEESE CARROT STICKS RAISIN & WALNUT MIX	<i>BRUNCH FOR LUNCH</i> <b>25</b> CHILLED JUICE SCRAMBLED EGGS TURKEY SAUSAGE SEMOLINA ROLL SLICED STRAWBERRIES	<b>26</b> PIZZERIA-STYLE WEDGE VEGGIE STICKS & DIP SEASONAL FRESH FRUIT

## Guess What?

Your heart can beat up to 40,000,000 times per year!

Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

8 OZ SKIM OR LOW-FAT MILK, GARDEN SALAD AND FRUIT ARE OFFERED WITH EVERY LUNCH.

JANET SKLAR, DIRECTOR

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**NATIONAL NEWS**  
AMERICAN HEART MONTH  
BLACK HISTORY MONTH  
SWEET POTATO, CHERRY & STRAWBERRY MONTH  
CHINESE NEW YEAR OF THE TIGER (02/14)  
VALENTINE'S DAY (02/14)  
PURIM & HOLI (02/28)  
**SCHOOL NEWS**  
*MENU SUBJECT TO CHANGE*  
STUDENT BREAKFAST \$1.00  
STUDENT LUNCH \$1.75  
ADULT LUNCH \$3.25 + TAX  
*\*MAY CONTAIN PORK*  
**DAILY ALTERNATES:**  
PEANUT BUTTER & JELLY  
M: DELI TURKEY  
T: HAM & MOZZARELLA  
W: CHIX WALDORF SALAD  
TH: 4 OZ YOGURT, STRING CHEESE & HOT PRETZEL  
F: TUNA SALAD

