



LIVE • LEAD • LEARN

Elementary School

Shoot For The Stars
with School Lunch!

5 Star Meals Offered Daily

- Protein
- Grain
- Fruit
- Vegetable
- Milk

MAGIC STARS

- ½ Cup of Fruit
- ½ Cup of Vegetable

A complete meal must have 3 or more stars

1 STAR must be a Magic Star



Menus for February 2018

San Mateo-Foster City School District Child Nutrition Services

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

Available Daily

Lunch Hot Entrée's or Yogurt Basket (Yogurt, String Cheese and Crackers) or WOWBUTTER Sandwich, or Hummus Basket (Hummus, Cheese, Crackers)

Fruit and Vegetable
Choice of Fat Free Chocolate or 1% White Milk

Menu subject to change

Monday, February 5

Breakfast
Banana Bread
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
French Toast Sticks
Beef Sausage Patty
or
BBQ Beef Mini Rib Sandwich

Tuesday, February 6

Breakfast
Ultra Cinnamon Toast
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Patty on a Whole Grain Bun
or
BBQ Beef Mini Rib Sandwich

Wednesday, February 7

Breakfast
Cinnamon Glazed Pancake or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Turkey Pepperoni Stuffed Sandwich
or
BBQ Beef Mini Rib Sandwich

Thursday, February 8

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Spaghetti & Beef Meatballs
or
BBQ Beef Mini Rib Sandwich

Friday, February 9

Breakfast
Mini Waffle or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza
or
BBQ Beef Mini Rib Sandwich

Thursday, February 1

Breakfast
Fresh Baked Muffin
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Breaded Chicken Drumstick on loaded Mashed Potatoes
or
Chicken Corn Dog

Friday, February 2

Breakfast
Mini French Toast
or Cereal
Yogurt
Fruit
100% Fruit Juice
Choice of Milk

Lunch
Cheese Pizza
or
Chicken Corn Dog

Brain Ticklers

Why did King Kong climb to the top of the Empire State Building?

(Hold the page upside down and read it in a mirror for the answer!)

4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th

Monday, February 12
Breakfast
 Cinnamon Roll or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Chicken Nuggets
 or
 Chicken Corn Dog

Tuesday, February 13
Breakfast
 Mini Pancakes
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Macaroni & Cheese
 or
 Chicken Corn Dog

Wed., February 14
Breakfast
 Breakfast Bun
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Breaded Popcorn Chicken
 w/Orange Sauce
 over Rice
 or
 Chicken Corn Dog

Thursday, February 15
Breakfast
 Fresh Baked Muffin
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Turkey Nachos
 or
 Chicken Corn Dog

Friday, February 16
Breakfast
 Mini French Toast
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Cheese Pizza
 or
 Chicken Egg Roll

YEAR OF THE DOG
2018
 The Chinese New Year begins with the new moon on February 16. 2018 is the year of the Dog.

Monday, February 19

PRESIDENTS DAY
NO SCHOOL TODAY

Tuesday, February 20
Breakfast
 Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Cheese Filled Bread Sticks
 or
 BBQ Beef Mini Rib Sandwich

Wed., February 21
Breakfast
 Cinnamon Glazed Pancake or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Breaded Chicken Patty on a Whole Grain Bun
 or
 BBQ Beef Mini Rib Sandwich

Thursday, February 22
Breakfast
 Fresh Baked Muffin
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Spaghetti & Beef Meatballs
 or
 BBQ Beef Mini Rib Sandwich

Friday, February 23
Breakfast
 Mini Waffle or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Cheese Pizza
 or
 BBQ Beef Mini Rib Sandwich

NUTRITION TO GO
 One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside -- about 200 seeds per berry!
A QUICK BITE FOR PARENTS

Monday, February 26
Breakfast
 Cinnamon Roll or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Chicken Nuggets
 or
 Chicken Corn Dog

Tuesday, February 27
Breakfast
 Mini Pancakes
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Macaroni & Cheese
 or
 Chicken Corn Dog

Wednesday, February 28
Breakfast
 Breakfast Bun
 or Cereal
 Yogurt
 Fruit
 100% Fruit Juice
 Choice of Milk
Lunch
 Bean and Cheese Burrito
 or
 Chicken Corn Dog

HAPPY VALENTINE'S DAY!



FEBRUARY BIRTHDAYS

- Rosa Parks -- Feb. 4
- Charles Dickens -- Feb. 7
- Khaid (20) -- Feb. 11
- Frederick Douglass -- Feb. 14
- Ed Sheeran (27) -- Feb. 17
- W.E.B Du Bois -- Feb. 23



Prepay On-line!

 Breakfasts \$1.50
 Lunches \$2.50
mySchoolBucks.com