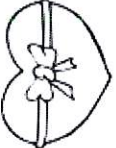




# SPRINGVILLE UNION SCHOOL DISTRICT HOME OF THE SPARTANS

LUNCH MENU – FEBRUARY 2020

SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 Chicken Fajitas Red Bell Pepper Blend Rom & Tom Salad Refried Beans Apple	Don't forget we have a payment box located, inside the cafeteria, at the counter. Place payment in a sealed envelope with your child's full name. 4 #Breakfast Patty & Waffles Maple Syrup Carrots & Zucchini Coins Orange	 5 "The Uncrustable" PB & Grape Jelly Cucumber Coins & Yams Ranch Dip Cranberries	<b>BREAKFAST MONTH!</b> 6 *Cheeseburger Lettuce, Tomatoes, Pickles Ketchup & Mayonnaise Raisels	 7 Fish Sticks & Tartar Sauce Brown Rice Carrots & Celery Peanut butter Fruit Cocktail
10 # Baked Ham & Pancake Maple Syrup Sweet Potatoes & Zucchini Diced Pears	11 Turkey Wrap Whole Grain Tortilla Cheese, Lettuce, Tomatoes Ranch Dip Red Apple	12 *Chili Beans Cornbread Carrots & Celery Peanut butter Fresh Peaches	13 # BBQ Rib Sandwich Baked Beans Rom & Tom Salad Ranch Dressing Orange	14 <i>Happy Valentine's Day</i> NO SCHOOL LINCOLN'S BIRTHDAY HOLIDAY
17 NO SCHOOL PRESIDENTS' DAY HOLIDAY	18 #Beef Patty & Waffles Maple Syrup Celery & Carrots Orange	19 Oven Baked BBQ Chicken Mashed potatoes w/gravy Corn & Green Beans Hot Roll Baked Cinnamon Apples	20 *Beef Taco Salad Cheese, Lettuce, Tomatoes Refried Beans Ranch Dressing Corn Chips Cranberries	21 Mac & Cheese Carrots Peas Mixed Fruit
24 Roast Chicken w/ Gravy Mashed Potatoes Rom & Tom Salad Dressing Hot Roll Baked Cinnamon Apples	25 *Totally Beef Quesadilla Corn on the Cob Salsa Refried Beans Fresh Pear	26 # Baked Ham & Pancake Maple Syrup Carrots & Celery Dip Diced Pears	27 *Sloppy Joe Rom & Tom Salad Ranch Dressing Orange	28 Cheese Pizza Celery & Carrots Peanut Butter Fruit Cocktail

HARVEST OF THE MONTH

Fruit: Oranges  
Vegetables: Celery

Other fruits and vegetables available during the Summer/Autumn season are:

- Apples
- Asian Pears
- Blueberries
- Figs
- Melons
- Bell Peppers
- Carrots
- Cucumbers
- Egg Plant
- Lettuce
- Squash

GET HEALTHY AND GET MOVING

Sneak more movement into your day.

AT HOME:

Stand up and march during the commercials, when watching your TV shows.

Take each family members laundry upstairs separately.

When talking on the phone to a friend, pace the floor, walk around the room, your house, or your yard.

Do yard work: Rake Leaves, shovel snow, mow the lawn.

Start your day with squats, lunges and pushups, 16 sets of each.

Instead of sitting to read your book, buy it on your smart phone and walk on the treadmill or around your neighborhood while listening.

Turn on your tunes and get your dance on while cleaning.

AT WORK:

Drink tons of water-you'll have to get up and go to the bathroom more often.

Get a standing workstation.

Set an alarm on your computer and get up once an hour to take a lap around the office.

Get a co-worker to be your workout buddy for the lunch hour.

Schedule a moving meeting.

Take the stairs to get to your next designated area.



CHOICE OF 1% UNFLAVORED OR NONFAT MILK SERVED DAILY  
 ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. COMMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.  
 ALL BREADS AND PASTAS ARE WHOLE GRAIN. \*CONTAINS BEEF MEAT #CONTAINS PORK MEAT  
 The U.S.D.A. and S.U.S.D. are equal opportunity providers.