

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>School Information:</b> <ul style="list-style-type: none"> <li>No School February 20 - 22 Mardi Gras Holidays</li> </ul>		Chicken and Rice <span style="float: right;">1</span> Broccoli Mixed Fruit Milk	Salisbury Steak <span style="float: right;">2</span> w/Mashed Potatoes Peas Orange Milk	Peanut Butter <span style="float: right;">3</span> Jelly Pretzels Carrots Peaches Milk
Red Beans and Rice <span style="float: right;">6</span> w/Sausage Salad Bread Applesauce Milk	Hamburger Helper <span style="float: right;">7</span> Pretzels Mixed Veggies Pears Milk	Pizza w/Pepperoni <span style="float: right;">8</span> & Cheese Corn Bananas Milk	Lasagna <span style="float: right;">9</span> w/French Bread Green Beans Pineapples Milk	Ham & Cheese <span style="float: right;">10</span> Goldfish Celery Kiwis Milk
White Beans and Rice <span style="float: right;">13</span> w/Sausage Tomatoes Peaches Milk	Fish Sticks <span style="float: right;">14</span> Tator Tots Peas Mixed Fruit Milk	Baked Chicken <span style="float: right;">15</span> Dirty Rice Broccoli Apples Milk	Manwich <span style="float: right;">16</span> w/Macaroni & Cheese String Beans Grapes Milk	Turkey & Cheese <span style="float: right;">17</span> Chips Bell Peppers Oranges Milk
No School <span style="float: right;">20</span> Mardi Gras Holidays	No School <span style="float: right;">21</span> Mardi Gras Holidays	No School <span style="float: right;">22</span> Mardi Gras Holidays	Chicken Nuggets <span style="float: right;">23</span> French Fries Bell Peppers Peaches Milk	Bologna & Cheese <span style="float: right;">24</span> Pretzels Carrots Pineapples Milk
Butter Beans and Rice <span style="float: right;">27</span> w/ Sausage Cucumbers Applesauce Milk	Pigs in a Blanket <span style="float: right;">28</span> Macaroni & Cheese Green Beans Bananas Milk	Pork Chops <span style="float: right;">29</span> Pasta Mixed Veggies Pears Milk		

### NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>1</sup>
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.<sup>2</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

### School Information:

- Little Oak Preschool
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