

McKenzie

February



Monday	Tuesday	Wednesday	Thursday
		1) <u>Donut Day</u> ♦ Baker potato bar (ham, broccoli & cheese) ♦ Chicken nuggets	2) ♦ Sloppy Joe ♦ Cheeseburgers ♦ Turkey sandwich
6) ♦ Mac & Cheese ♦ Yum bowl ♦ Cheese Pizza	7) ♦ Nacho bar ♦ Burritos	8) ♦ Orange chicken ♦ Chicken nuggets ♦ Rice	9) ♦ Chicken sandwich ♦ Cheeseburgers ♦ Egg salad sandwich
13) ♦ Creamy chicken noodle soup w/ roll ♦ Cheese pizza	14) <u>Valentine's Day</u> ♦ Nacho bar ♦ Tacos	15) ♦ Chicken alfredo ♦ Chicken nuggets ♦ Bread stick	16) ♦ BBQ chicken on flat bread ♦ Cheeseburgers ♦ Turkey sandwich
20) <u>NO SCHOOL</u> <u>Presidents' Day</u>	21) ♦ Fish & Fries ♦ Cheese pizza	22) ♦ Nacho bar ♦ Enchiladas	23) ♦ Spaghetti ♦ Chicken nuggets ♦ <u>Bread Stick</u> 24) <u>Friday School</u> ♦ Cheeseburgers ♦ Corn dogs
27) ♦ McChicken bowls ♦ Cheese pizza ♦ Yum bowls	28) ♦ Nacho bar ♦ Cheese quesadilla		

Vegetarian options available daily

LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY

"This institution is an equal opportunity provider"

~Menu is subject to change~

Breakfast Served Daily
Before School @ 7:45

Mon~ Pancakes

Tues~ Breakfast Sandwich

Wed~ WG French Toast

Thur ~Biscuit s & Gravy
Served Daily

Bagel & Yoghurts

Cereal, Fruit, Juice,
NF Chocolate & 1% White Milk

Eating slowly is great for weight control at any age. It's a fantastic way to show kids that it takes about 20 minutes for the message that they are full to get from their stomachs to their brains.

As much as we'd love our children to finish their meal in minutes, rather than hours, it's much more important that they learn to slow down and chew their food properly.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Early Release End of 2nd Quarter	3	4
5	6	7	8	9 Early Release	10	11
12	13	14 Valentine's Day	15	16 Early Release	17	18
19	20 NO SCHOOL Presidents Day	21	22 Dress Up Day	23	24 Friday School Early Release Fancy Friday	25
26	27	28 C.A.T.C.H. Day				