



Immaculate Conception Regional School

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month Cabbage! February 6th and 13th. <div style="text-align: center; margin-top: 10px;"> </div>	<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>	<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>	Sack Lunches Nonfat & 1% Milk	<div style="text-align: right; font-size: small;">1-Feb</div> Nachos w/ Beef Taco Meat & Salsa Salad & Fruit Bar Nonfat Chocolate Milk
<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>	<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>	<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>	<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>	<div style="text-align: center; margin-bottom: 10px;"> </div> <div style="text-align: center;"> </div>
<div style="text-align: right; font-size: small;">5-Feb</div> Mandarin Orange Chicken with Brown Rice Diced Pears Salad & Fruit Bar Nonfat & 1% Milk	<div style="text-align: right; font-size: small;">6-Feb</div> BBQ Pulled Pork Sandwich Coleslaw Salad & Fruit Bar Nonfat & 1% Milk	<div style="text-align: right; font-size: small;">7-Feb</div> Rotini Pasta & Meatsauce Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk	<div style="text-align: right; font-size: small;">8-Feb</div> French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk	<div style="text-align: right; font-size: small;">9-Feb</div> Quesadilla w/ Chicken & Cheese Mixed fruit Salad & Fruit Bar Nonfat Chocolate Milk

Meal Prices:	
K-4 Lunch	\$3.25
5-8 Lunch	\$3.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50



FEBRUARY IS HEART HEALTH MONTH!

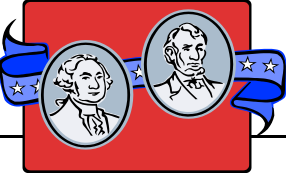



Two simple ways to keep your heart healthy include:

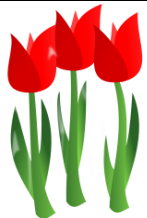
1. **Eating a rainbow of fruits and vegetables.** Different colors of fruits and vegetables have different vitamins and minerals that your body needs to stay strong.
2. **Being active every day.** Do an activity that you enjoy every day, such as jumping rope, playing basketball, or roller skating.



**Each lunch comes complete with
salad bar or fresh vegetable, choice of fresh fruit, and milk!**



Monday	Tuesday	Wednesday	Thursday	Friday
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
<p>Teriyaki Beef Dippers Steamed Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Chicken Burger Potato Wedges Cranberry Coselaw Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>French Bread Pizza Caesar Side Salad M&M cookie! Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Burrito W/ Salsa Diced Peaches Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Cheese Sandwich Chips Apple Carroteenies RiceKrispy Treat Milk</p>
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
<p>No School President's Day</p> 	<p>Cooks Choice Day! Nonfat & 1% Milk</p>	<p>Rotini Chicken Alfredo Green Beans Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Chicken Nuggets Biscuit Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Cheesy Breadsticks Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat Chocolate Milk</p>
26-Feb	27-Feb	28-Feb	28-Feb	28-Feb
<p>French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Hamburger Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>Breakfast for Lunch Mini Maple Pancakes Sausage Links Applesauce Cup Salad & Fruit Bar Nonfat & 1% Milk</p>		
				



This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call David Connors, Food Services Director, at (360) 428-6149.

