



# FEBRUARY



2021



## Join us for Lunch!

One Free Breakfast  
One Free Lunch  
Per Student Each Day

Milk .40

You may apply at anytime through out the school year for free and/or reduced lunches.

Applications are available at all schools.

Free and Reduced application available online at:  
[www.lunchapp.com](http://www.lunchapp.com)



The U.S. Department of Agriculture (USDA) prohibits discrimination. See Full USDA Nondiscrimination Statement on our website at [www.anchorbay.misd.net/departments/foodservice](http://www.anchorbay.misd.net/departments/foodservice).

This institution is an equal opportunity provider.

Menu Subject to Change

### Other Available Options

Fresh Salad Lunch & Yogurt Lunch

#### Lunch Includes:

Salad or Yogurt of the Day  
Variety Bread/Grain Item  
Fruit and Vegetables  
One Milk

#### Monday Chicken Tender Wrap

Includes Fruit & Vegetable of the Day  
One Milk

#### Salad Offerings

Tuesday- Club Salad  
Wednesday-Taco Salad  
Thursday-Grilled Chicken Salad

Mon	Tue	Wed	Thu	Fri
<b>1</b> #1 Grilled Cheese Curly Fries Pickle Spear Diced Peaches Milk #2 Yogurt Lunch #4 Chicken Tender Wrap	<b>2</b> #1 Beef & Cheese Taco Stick Tortilla Chips Salsa Cup Pineapple Tidbits Milk #2 Yogurt Lunch #3 Salad Lunch	<b>3</b> #1 Zoo Nuggets Animal Crackers Cucumber Slices Strawberry Cup Milk #2 Yogurt Lunch #3 Salad Lunch	<b>4</b> #1 Sloppy Joe Tater Tots Carrots Fruit Slushie Milk #2 Yogurt Lunch #3 Salad Lunch	<b>5</b> <b>PTC Lunch</b> 
<b>8</b> <b>No School</b> 	<b>9</b> #1 Cheesy Bosco Sticks W/Marinara Green Beans Diced Peas Milk #2 Yogurt Lunch #3 Salad Lunch	<b>10</b> #1 Walking Taco W/Cheese Shredded Lettuce Golden Corn Pineapple Tidbits Milk Served on Tortilla Chips  #2 Yogurt Lunch #3 Salad Lunch	<b>11</b> Happy Valentine's Day #1 Valentine Chicken Fries Golden Heart Pretzel Velvety Cheese Cup Celery Sticks Be Mine Fruit Slushie Charming Milk Valentine Cookie #2 Yogurt Lunch #3 Salad Lunch	<b>12</b> <b>Winter Break</b> 
<b>15</b> <b>Winter Break</b> 	<b>16</b> #1 Corn Dog On a Stick Baked Beans Cheez It® Pkg. Apple Slices Milk #2 Yogurt Lunch #3 Salad Lunch	<b>17</b> #1 Chicken Tenders Mashed Potato W/Gravy WG Dinner Roll Berry Cup Milk #2 Yogurt Lunch #3 Salad Lunch	<b>18</b> #1 Macaroni & Cheese Garlic Knot Sweet Peas Diced Peaches Milk #2 Yogurt Lunch #3 Salad Lunch	<b>19</b> <b>PTC Lunch</b> 
<b>22</b> #1 Crazy Cheese Bread W/Marinara Scooby Grahams Crunchy Carrots Fresh Apple Milk #2 Yogurt Lunch #4 Chicken Tender Wrap	<b>23</b> #1 Chicken Smiles Pretzel Dippers Cheese Cup Broccoli Fresh Banana Milk #2 Yogurt Lunch #3 Salad Lunch	<b>24</b> #1 French Toast Bites W/Syrup Scrambled Eggs Hash Brown Orange Slices Milk #2 Yogurt Lunch #3 Salad Lunch	<b>25</b> #1 Rotini W/Beef Sauce Parmesan Pkt Garlic Stick Crisp Celery Strawberry Cup Milk #2 Yogurt Lunch #3 Salad Lunch	<b>26</b> <b>PTC Lunch</b> 

#### On Line Resources

Applications:  
[www.lunchapp.com](http://www.lunchapp.com)

Nutritional:

[www.anchorbay.misd.net/departments/foodservice](http://www.anchorbay.misd.net/departments/foodservice)

Meal Account Website:

[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)



## February is National Heart Month

What can you do to keep your heart healthy?  
Here are some heart healthy tips you can use:

- ◆ Exercise each day
- ◆ Eat fruits each day
- ◆ Eat vegetables each day
- ◆ Choose whole grain breads
- ◆ Get plenty of sleep

