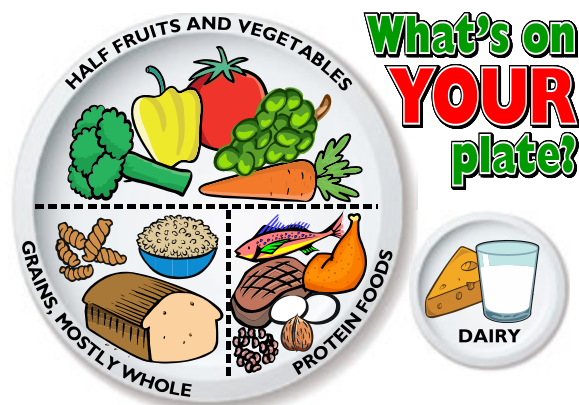




## WILLIAM MARVIN BASS ELEMENTARY SCHOOL MENU



## Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

### MENU FACTS:

Choice of milk served with all complete meals:  
Skim & 1% white for breakfast and white & flavored milk for lunch

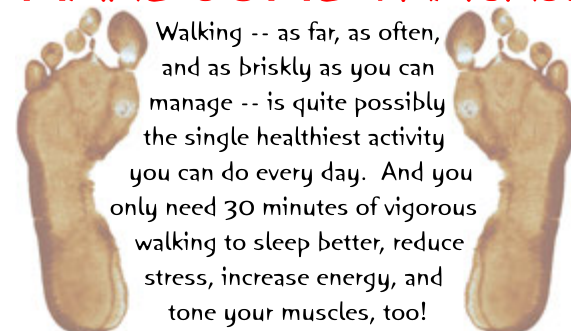
100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

*Menus are subject to change without notice.*

## MAKE SOME TRACKS.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

# 2012

**Don't Forget  
the 2-0-1-2  
Challenge!**



### Wednesday, February 1

#### Breakfast

Yogurt; Grahams

#### Lunch

*Choice of One*

French Bread Pizza

PBJ Uncrustable

#### Sides

Fresh Garden Salad  
w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

### Thursday, February 2

#### Breakfast

Turkey Sausage Breakfast

Square; Fresh Fruit

#### Lunch

*Choice of One*

Chicken Fajita w/ Rice

Turkey & Cheese / Bun

#### Sides

Broccoli w/ cheese  
Mandarin Oranges  
And Bag of Cookies

### Friday, February 3

#### Breakfast

Cheesy Toast w/ Turkey

Bacon; Applesauce Cup

#### Lunch

*Choice of One*

Texas BBQ / Bun

Crisp Chicken Fillet/ Bun

#### Sides

Fresh Baked Potato  
Fresh Frozen Green Peas  
Fresh or Canned Fruit

### Monday, February 6

#### Breakfast

Morning Sausage Roll

Fresh Fruit

#### Lunch

*Choice of One*

Honey BBQ Rib / Bun

Savory Potato Wedges

Fresh Veggies w/ dip

Fresh or Canned Fruit

### Tuesday, February 7

#### Breakfast

Yogurt; Blueberry Muffin

#### Lunch

*Choice of One*

Popcorn Chicken

Sliced Ham

Mashed Potatoes

Green Beans

Fresh or Canned Fruit

Fresh Baked Wheat Rolls

### Wednesday, February 8

#### Breakfast

Cereal; Grahams; Banana

#### Lunch

*Choice of One*

Assorted Wedge Pizza

PBJ Uncrustable

Tossed Garden Salad

w/dressing; Crackers

Hot Vegetable of Choice

Fresh or Canned Fruit

### Thursday, February 9

#### Breakfast

Egg & Cheese Biscuit

#### Lunch

*Choice of One*

Beef Taco on Soft Shell

Gr. Cheese, Shr. Lettuce

Turkey & Cheese / Bun

Golden Corn

Fiesta Rice

Pineapple Tidbits

### Friday, February 10

#### Breakfast

Turkey Sausage Bagel

#### Lunch

"Grab & Go"

Crispy Corn Dog

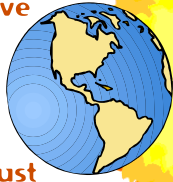
Fresh Veggies

Fruit of Choice

And Bag of Belly Bears

# 365.2422

That's how many days it takes  
the earth to orbit the sun ...  
and that's why we have  
leap year. We add a  
day to the month of  
February every four  
years to make up for  
the .2422 days that just  
won't fit in our regular year!



## LEAP YEAR 2012

**Monday, February 13**

**Breakfast**

Cereal; Grahams

**Lunch**

*Choice of One*

Hot Dog / Bun / w/wo chili

Cheesy Beef Meatballs  
on HD Bun

Baked Beans

Fresh Veggies w/ dip

Fresh or Canned Fruit

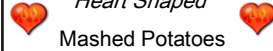
**Tuesday, February 14**

**Breakfast**

**Valentine Lunch**

*Choice of One*

*Heart Shaped*



Mashed Potatoes

Green Beans/ Fruit

Fresh Baked Wheat Rolls

And Heart Shaped Cookies

**Wed., February 15**

**Breakfast**

Cereal; Grahams

**Lunch**

Fresh Made Turkey

Vegetable Soup

Toasted Cheese Sandwich

Fresh Seasonal Fruit

Oatmeal Raisin Cookie



**Thursday, February 16**

**Breakfast**

Blueberry Pancakes

w/ syrup; Fresh Fruit

**Lunch**

*Choice of One*

Beef Chili & Beans with

Baked Tostitos Scoops

Deli Meat & Cheese / Bun

Corn on Cob

Side Salad w/dressing

Fresh or Canned Fruit

**Friday, February 17**

**Breakfast**

Chicken Biscuit

**Lunch**

*Choice of One*

Pork Chop / Bun

Crisp Chicken Fillet/ Bun

Savory Potato Wedges

Carrot /Celery Sticks w/ dip

Fresh or Canned Fruit

**Monday, February 20**

**Professional  
Development  
Day**



Students do not  
Attend  
(Be Active at Home!)

**Tuesday, February 21**

**Breakfast**

Yogurt; Blueberry Muffin

**Lunch**

Popcorn Chicken

Green Beans

Fresh or Canned Fruit

Bakery Dinner Rolls

**Wed., February 22**

**Breakfast**

Cereal; Grahams

**Lunch**

Assorted Wedge Pizza

Fresh Garden Salad

w/ dressing; Crackers

Fresh or Canned Fruit

**Thursday, February 23**

**Breakfast**

Turkey Sausage Bagel

**Lunch**

Turkey & Cheese / Bun

Golden Corn

Fresh or Canned Fruit

**Friday, February 24**

**Breakfast**

Steak Biscuit (New )

**Lunch**

Whole Grain Fish Sticks

w/ Bakery Dinner Rolls

Oven Baked Fries

Fresh or Canned Fruit

**INTERSESSION: February 21—March 2, 2012**



**Challenge!**

**Keep on Track with the 2-0-1-2 Challenge!**

**2**-At least 2 Fruits or Veggies each day.

**0**-Sugar sweetened Beverages.

**1**-At least 1 hour of Exercise each day.

**2**-No more than 2 hours total Screen Time each day.

**Monday, February 27**

**Breakfast**

Morning Sausage Roll

With syrup;

**Lunch**

Beef BBQ Rib / Bun (New )

Savory Potato Wedges

Fresh or Canned Fruit

**Tuesday, February 28**

**Breakfast**

Yogurt; Blueberry Muffin

**Lunch**

Chicken Nuggets

Hot Vegetable of Choice

Fresh or Canned Fruit

Bakery Dinner Rolls

**Wed., February 29**

**Breakfast**

Cereal; Grahams

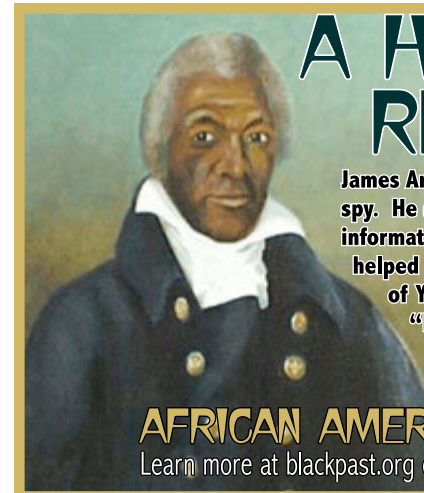
**Lunch**

Chicken Fillet / Bun

Side Salad w/dressing

Fresh or Canned Fruit

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## A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

## AFRICAN AMERICAN HISTORY MONTH

Learn more at [blackpast.org](http://blackpast.org) or do a search for James Armistead Lafayette