

Menus for February 2012

West Ottawa Public Elementary Schools

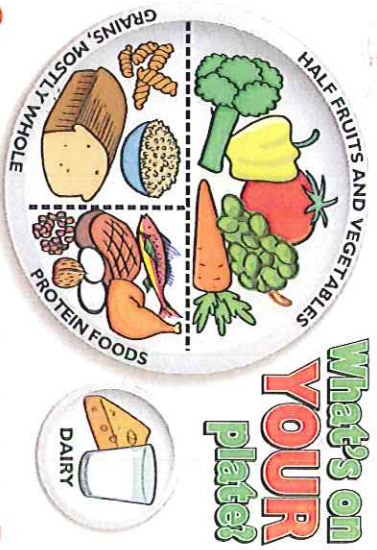
This institution is an equal opportunity provider.

NEW! Returned Check Fee's
Beginning March 1, 2012
West Ottawa Public Schools will begin charging a \$20 fee for any checks returned from your bank for non payment.

AVAILABLE DAILY

Our Daily Breakfast consists of:
Hot Entrée or Cereal Choice & Juice,
Toast, Fruit & Milk.

Our Daily Lunch consists of:
Choice of Entrée listed
or Panther Pack / Premade Salad
or a 6oz Yogurt Cup & Cheese Stick,
or our Better Butter & Jelly Sandwich
along with Fruit & Vegetable Butter,
Sliced Whole Wheat Bread, Graham Crackers,
Milk Choice or Water.



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 or http://kidshealth.org/did/dctay_healthyfood/pyramid.html

Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Breakfast Sandwich (Egg Mc Muffin with Cheese) <ul style="list-style-type: none"> Chicken Nuggets Chef Salad 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Broccoli with Cheese Sauce Sliced French Bread 	Breakfast Bagel <ul style="list-style-type: none"> Hot Dog on a Bun Cheesy Quackers Panther Pack 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Sweet Potato Fries 	North Holland Sack Lunch Day <ul style="list-style-type: none"> Cheesy Breadstick with Dipping Sauce Chef Salad 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Green Beans Rice Krispie Treat 	Breakfast Pizza <ul style="list-style-type: none"> Stuffed Crust Pizza Twisted Turkey Panther Pack 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich California Blend Vegetables 	Apple Filled Breadstick <ul style="list-style-type: none"> Cheeseburger on a Bun Chef Salad 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Rosemary Roasted Potato
Wednesday, February 1 Super Donut <ul style="list-style-type: none"> Beef Nacho's with a Cheese Cup Chef Salad 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Seasoned Corn 	Thursday, February 2 Breakfast Pizza <ul style="list-style-type: none"> Pancakes with Sausage Links EZ Jammer Panther Pack 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Hash Brown Stick Warm Cinnamon Apple Slices 	Friday, February 3 Scrambled Egg with Cheese <ul style="list-style-type: none"> Ham Slice Twisted Turkey Panther Pack 6oz Yogurt Cup & Cheese Stick Better Butter & Jelly Sandwich Whipped Potatoes Green Beans 		



Every complete meal we serve includes your choice of lowfat white or nonfat chocolate milk.

Monday, February 13

French Toast


- New Parmesan Breadsticks
- Chicken Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Bean Medley

Warm Cinnamon Apple Slices

Tuesday, February 14

Breakfast Burrito

- Crispy Chicken Patty on a Bun
- Taco Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Seasoned Corn

Sprinkle Cookie 

Wed., February 15

Pancake Wrap

- Honey BBQ Beef Rib on a Bun
- Chicken Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- California Blend Vegetables

Thursday, February 16

4oz Yogurt Cup & Muffin

- Sloppy Joe on a Bun
- Cheesy Quackers Panther Pack
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich

Whipped Potatoes
Fun Size Doritos

Friday, February 17

Bagel with Ham Slice

- Cheese Pizza
- Twisted Turkey Panther Pack
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Green Beans

Warm Cinnamon Apple Slices

Monday, February 20

Scrambled Eggs

- Soft Beef Taco
- Chef Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Seasoned Corn

Warm Cinnamon Apple Slices

Tuesday, February 21

Breakfast Sandwich

- Cheeseburger on a Bun
- Chicken Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Golden Oven Fries

Wed., February 22

Breakfast Pizza

- Grilled Chicken Patty on a Bun
- Chef Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Mixed Vegetables

Warm Cinnamon Apple Slices

Thursday, February 23

Egg Omelet

- Pepperoni Pizza
- Ham & Cheese Pinwheel Panther Pack
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Broccoli with Cheese Sauce

Friday, February 24

Breakfast Bagel

- Creamy Mac & Cheese
- Taco Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Green Beans

Warm Cinnamon Apple Slices

Monday, February 27

4 oz Yogurt Cup & Muffin

- Chicken Nuggets
- Chef Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Whipped Potatoes
- Seasoned Corn

Tuesday, February 28

Apple Filled Breadstick

- Stuffed Crust Pizza
- Banana Split
- Panther Pack
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Green Beans

Wed., February 29


NO BREAKFAST
Late Start Morning

- Pancakes with Sausage Links
- Chef Salad
- 6oz Yogurt Cup & Cheese Stick
- Better Butter & Jelly Sandwich
- Hash Brown Stick

LEAP DAY!!

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!

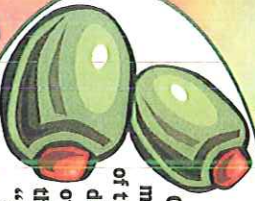


LEAP YEAR 2012

FRUIT

Olives

Olives and the oil that is made from them are the basis of the healthy Mediterranean-style diet. Olives are a great source of iron and fiber, and although they are high in fat, it's the "good" kind of fat that helps lower cholesterol.



OF THE MONTH


Word of the Month

car·ing

adj. 1. feeling and showing concern and empathy for others
2. having or displaying warmth or affection
3. concerned; devoted; tender

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 or do a search for James Armistead Lafayette