

# FEBRUARY 2024

## Vinalhaven

### LUNCH



#### School Information:

FEBRUARY BREAK: 2/19-23

PB&J is always available



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Double cheeseburger **5**  
Alt: Yogurt meal  
Fries, beans  
fruit

Chili & cornbread **6**  
Alt: Grilled cheese  
Corn  
fruit

Baked potato bar **7**  
Alt: Cracker stacker  
Broccoli  
fruit

Mac & cheese **1**  
Alt: Yogurt meal  
Broccoli  
fruit

Hawaiian Pizza **2**  
Alt: Cheese pizza  
Caesar salad  
fruit

Chicken nuggets **12**  
Alt: yogurt meal  
Fries, beans  
fruit

White chicken lasagna **13**  
Alt: turkey sandwich  
Broccoli  
fruit

**Valentine's Day** **14**  
Pulled pork sandwich  
Alt: Cracker stacker  
Coleslaw  
fruit

Turkey BLT **8**  
Alt: BLT  
Raw veggie, pasta salad  
fruit

Meat pizza **9**  
Alt: Cheese pizza  
Caesar salad  
Fruit

**Presidents' Day** **19**  
NO SCHOOL

**20**  
NO SCHOOL

**21**  
NO SCHOOL

**22**  
NO SCHOOL

**23**  
NO SCHOOL

Chicken burgers **26**  
Alt: yogurt meal  
Beans, fries  
fruit

Corn dogs **27**  
Alt: Cracker stacker  
Coleslaw  
Fruit

Sloppy Joe **28**  
Alt: Grilled cheese  
Corn  
fruit

Turkey BLT **8**  
Alt: BLT  
Raw veggie, pasta salad  
fruit

Pepperoni pizza **16**  
Alt: Cheese pizza  
Caesar salad  
fruit

Swedish meatballs **29**  
Alt: Cracker stacker  
Green beans  
fruit