Marysville Joint Unified School District



Oranges



Physical Activity of the Month

SIMPLY **ACTIVE!**





	SE MAKE A HEALTHY PLATE
HEALTHY	Fruits Dairy Dairy
MAKE A	Pruits Grains Vegetables Protein August 1974 y 3 years a service of the service
	AHA PLATE MAKE A HEALTHY

Monday

Wednesday



Oranges

February Heart Health Month!

J	
	Cherry Blossom
	Chicken
	Chow Mein
	or
	Italian Supreme
	Panini

2

10

17

Jumbo Mandarin Salad Bar

Beef & Cheese Nachos Pig in a Blanket

Tuesday

V Blend Juice Banana

Refried Beans

Salad Bar

Chicken Sandwich Or **Pork Street Taco** Seasoned Fries

Apple Slices

Seasoned Jicama Salad Bar

Cheese Quesadilla with Spanish Rice Or **Chicken Tamale**

Thursday

Pie **Grapes** Seasoned Cucumber Salad Bar

Hawaiian, Cheese or Veggie Pizza **Ultimate** Cheeseburger Orange Juice or Fruit Cup or Pop

Friday

Broccoli Salad Salad Bar



Chicken Chunks Lasagna

11

18

Garlic Breadstick

Banana

Carrot/Raisin Salad Salad Bar

Enchilada Pie Bake

Chicken Quesadilla

12 Chicken Soft Taco Hamburger or Cheeseburger

Seasoned Fries

Apple Slices Carrots Salad Bar

19

13 **Beef Teriyaki Blasters** or Pork & Veggie Egg

Roll **Brown Rice Grapes** Seasoned Cucumber Salad Bar

14 **Turkey Sausage** Links with Pancakes & Syrup Hawaiian, Cheese

or Pepperoni Pizza **Oven Potatoes V** Blend Juice Fruit Cup or Pop Salad Bar

Refried Beans

Seasoned Cucumber

Banana

Salad Bar

Pork Pozole With Garnish **Tortilla Chips Chicken Alfredo Pasta**

Garlic Breadstick Apple Slices V Blend Juice

Carrots

Salad Bar

20 Chicken Chili with **Corn Bread Deli Sandwich**

Grapes

Broccoli Salad

Green Salad

21 Pepperoni, Cheese or Pep/Jal Pizza **BBQ Pork Rib**

Hoagie Seasoned Cucumber Carrot/Raisin Salad Orange Juice or

Fruit Cup or Pop Salad Bar Salad Bar

24

Chicken Chunks Garlic Breadstick Or**BBQ Beef Rib** Hoagie

Presidents

Kiwi (2)

Seasoned Cucumber **Carrots** Salad Bar

25 **Beef & Cheese Nachos** OrChicken Sandwich

Refried Beans

Steamed Broccoli

Salad Bar

Banana

26 Spanish Chicken & **Rice Bowl** Or Hamburger OrCheeseburger

Seasoned Fries **Apple Slices**

Salad Bar

27 Meatball Sandwich Or**Chicken Sliders**

Grapes

Broccoli Salad

Green Salad Salad Bar

28 **Chicken Noodle** Soup with **Grilled Cheese** Sandwich Or Pepperoni, Pep/Jalapeno or Cheese Pizza **Apple Slices** Seasoned Jicama

Carrots

Salad Bar