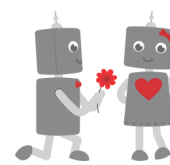




FEBRUARY 2025



CLARKE COUNTY ELEMENTARY SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ *Denotes menu items that are at least 50% whole grain or contain grain/ bread items that are at least 50% whole grain. ⇒ Menu choices are subject to change due to manufacturer & vendor shortages. ⇒ Many items that are traditionally beef or pork-based are actually chicken or turkey-based in our school settings. Contact us to learn more. ⇒ Fresh fruit options may be shifted during the week to allow for proper ripening. Our goal is to serve fruit when it is ready, so that our students learn to love it when it is at its best! ⇒ At breakfast, students are offered 4oz. 100% fruit juice, fruit of the day, and a choice of milk daily.				
3 Chicken Tenders* & Roll* Garlic & Herb Pull Aparts* & Marinara Herb-Roasted Potatoes Green Beans Apple Wedges Mandarin Oranges Breakfast Breakfast Bun* Cereal & Crackers*	4 Donderos' Chicken Fajitas* Bean & Cheese Burrito* Red Bell Pepper Strips & Dip Refried Beans Navel Orange Wedges Pears Breakfast Sausage Biscuit* Blueberry Yogurt Parfait*	5 BRUNCH FOR LUNCH Scrambled Eggs & Cinnamon Monkey Bread Biscuit* Pancakes* & Sausage Potato Rounds Mini Carrots Banana Pineapple Breakfast Breakfast Pizza* Cereal & Crackers*	6 Cheese or Pepperoni Pizza* Meatball Sub Sandwich* Kale & Apple Salad HOTM: Cauliflower Popcorn Grapes Mixed Berry Fruit Cup Breakfast Chicken Biscuit* Yogurt & Dunkin Stick*	7 Hamburger/Cheeseburger* BBQ Pork Sandwich* Hummus Bento* Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie* Breakfast Cheese Omelet & Croissant* Donut* & Yogurt Tube
10 Crispy Chicken Bites* & French Roll* Cheesy Breadsticks* & Marinara Mashed Potatoes Green Beans Apple Wedges Peaches Breakfast Mini Pancakes* Cereal & Crackers*	11 Street Chicken Tacos* Pork Tostadas* Back 2 Basics Bento* Shredded Lettuce & Salsa Spicy Black Beans Navel Orange Wedges Pears Breakfast Sausage Biscuit* Yogurt & Granola*	12 Grilled Cheese Sandwich* Beef Chili & Cheez-Its* Baked Potato HOTM: Roasted Broccoli Banana Applesauce Breakfast Cinnamon Oatmeal* Cereal & Crackers*	13 Cheese or Pepperoni Pizza* Rotini* w/ Meatballs in Marinara & French Roll* Steamed Kernel Corn Mini Carrots w/ Dip Seasonal Fresh Fruit Mixed Berry Fruit Cup Breakfast Chicken Biscuit* Yogurt & Mini Donut*	14 NO SCHOOL

Need a goal for this year...

Why not pledge to spend **1000 hours outside** for the next 365 days?

The point of this goal is to strive for engaged time outside, which can look different from one family to the next. Don't get bogged down with details, just get outside and start exploring!

Visit the website: 1000hoursoutside.com to learn more about this movement.

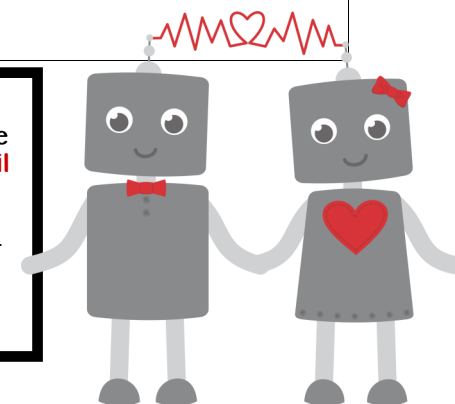
They even have brand new trackers to download and track your progress!

GROUNDHOG DAY 2025

On February 2nd, tune into Gobbler's Knob in the Pennsylvania Wilds to see what **Punxsutawney Phil** will decide!

⇒ **LEARN MORE ABOUT PHIL:** groundhog.org
⇒ **WATCH LIVE:** visitpa.com/live-stream-phil-prediction

Last year, he predicted an early spring.
Was he right?



CLARKE COUNTY ELEMENTARY SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
17  Happy Presidents Day	18 Oven-fried Chicken* & Cornbread* Sloppy Joe Sandwich* Back 2 Basics Bento* Collard Greens Seasoned Black-eyed Peas Apple Wedges Mandarin Oranges <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	19 BRUNCH FOR LUNCH Chicken Tenders* & Waffle* Yogurt, Cheese & Freshly-baked Muffin* Potato Rounds Mini Carrots & Ranch Banana Tropical Fruit Salad Homemade Blueberry Sauce <u>Breakfast</u> Cinnamon Roll* Cereal & Crackers*	20 Cheese or Pepperoni Pizza* Vegetable Lasagna* & Garlic Breadstick* Steamed Kernel Corn Garden Salad Grapes Pears Freshly-baked Cookie*  <u>Breakfast</u> Chicken Biscuit* Yogurt & Dunkin Stick*	21 Fish Sticks* & French Roll* Macaroni* & Cheese with French Roll* HOTM: Roasted Broccoli Assorted Fresh Vegetables & Dip Seasonal Fresh Fruit Craisins/Raisins <u>Breakfast</u> Scrambled Eggs & Cheesy Grits Donut* & Yogurt Tube
24 Popcorn-style Chicken* & French Roll* Cheesy Breadstick Bites* & Marinara Loaded Mashed Potatoes Orange-Glazed Carrots Apple Wedges Peaches <u>Breakfast</u> Mini Cinnis* Cereal & Crackers*	25 Beef Taco* Vegetable Quesadilla* Shredded Lettuce & Salsa Charro Beans Navel Orange Wedges Applesauce  <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola*	26 Chicken Pot Pie* Grilled Cheese Sandwich* HOTM: Steamed Broccoli Tomato Soup Banana Pineapple <u>Breakfast</u> French Toast Sticks* & Sausage Cereal & Crackers*	27 Individual Cheese or Pepperoni Pizza* Cheese Ravioli* & Marinara with Garlic Bread* Hummus Bento* Steamed Kernel Corn Garden Salad Grapes Fruit Cup <u>Breakfast</u> Chicken Biscuit* Yogurt & Mini Donut*	28 Hot Dog* PBJ Sandwich* Potato Smiles Assorted Fresh Vegetables & Dip Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie* <u>Breakfast</u> Pumpkin Bread* Glazed Yeast Donut*

February is Black History Month

PBS Learning Media has excellent resources for students!

1. For the **Civil Rights Movement**, visit: <https://thinktv.pbslearningmedia.org/resource/b243b601-a18f-432c-84ff-1d0ca77e8020/the-civil-rights-movement-virtual-learning-journey/?student=true>
2. For **Rosa Parks & the Montgomery Bus Boycott**, visit: <https://thinktv.pbslearningmedia.org/resource/cdc9c86b-3888-4812-a708-3a879a31d77a/the-civil-rights-movement-taking-a-stand/?student=true>
3. For **Andrew Young and the Civil Rights Movement**, visit: <https://thinktv.pbslearningmedia.org/resource/d948a313-943a-4853-909d-f4fddb6a90a2/andrew-young-and-the-civil-rights-movement/?student=true>
4. For **Education Equality in the Civil Rights Movement**, visit: <https://thinktv.pbslearningmedia.org/resource/b7bc564e-7966-4d7c-b534-de1f089e7949/civil-rights-movement-educational-equality/?student=true>

February is also American Heart Month

Cardiovascular disease is the No. 1 killer of women.

- Even now, nearly 45% of women ages 20+ are living with some form of cardiovascular disease.
 - Less than half of women entering pregnancy in the U.S. have optimal cardiovascular health.
 - Women experience unique life stages, such as pregnancy and menopause, that can put them at an increased risk for CVD.
- February 7th is **NATIONAL WEAR RED DAY**. What color will you wear?

CRUCIFEROUS VEGGIES

- ⇒ Cruciferous vegetables are members of the Brassicaceae family. Examples: Broccoli, Cauliflower, Cabbage, Kale, Kohlrabi, & Brussels Sprouts.
- ⇒ They are known for their distinct odor when cooked, but by cooking with less water and at lower temps, you can minimize the smell.
- ⇒ Cabbage is in season in Georgia from October to July making it one of the top 10 vegetables produced in Georgia.
- ⇒ Broccoli & Cauliflower are in season in the fall through the spring.
- ⇒ Our new favorite way to cook broccoli & cauliflower is to **ROAST** it!