

# McKenzie February



Monday	Tuesday	Wednesday	Thursday
			1 <b>Pizza Day</b>
5 Mac & Cheese Italian Sub on Flat bread Yum Bowl	6 Nacho Bar Tacos	7 Bake Potato Bar (Ham, Broccoli & Cheese) Nuggets Bread Sticks	8 <b>Pizza Day</b>
12 Creamy Chicken Noodles soup w/ Roll BBQ Pulled Pork Sandwich	13 Nacho Bar Cheese Quesadillas	14 Cheese Stuffed Manicotti Nuggets Bread Sticks	15 <b>Pizza Day</b>
19 <b>Presidents Day</b> <b>NO SCHOOL</b>  <b>School on Friday 23rd</b>	20 Fish & Fries Cheese Burgers & Fries Yum Bowls	21 Nacho Bar Soft Tacos	22 Spaghetti & Bread Sticks Chicken Nuggets ~~~~~ 23 <b>Pizza Day</b>
26 Chili & Corn Bread McKenzie Pups	27 Nacho Bar Taco Soup w/ Chips	28 Orange Chicken & rice Chicken Nuggets	29 <b>Pizza Day</b>

**Breakfast Served Daily**  
**Before School @ 7:45**

- Mon~ Pancake
- Tues~ Breakfast Sandwich
- Wed~ French Toast
- Thur~ Biscuits & Gravy

**Served Daily**

- Bagels, Cereal, Fruit, Juice, NF Chocolate & 1% White Milk

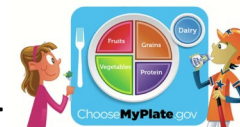
Eating slowly is great for weight control at any age. It's a fantastic way to show kids that it takes about 20 minutes for the message that they are full to get from their stomachs to their brains.

As much as we'd love our children to finish their meal in minutes, rather than hours, it's much more important that they learn to slow down and chew their food properly.

Vegetarian options available daily



**LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY**



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