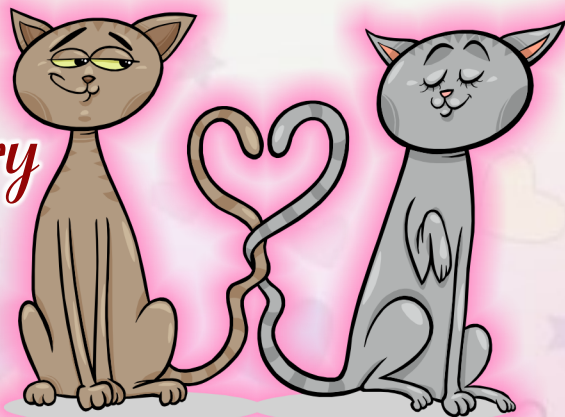


# Menus for February 2019

Seaford School  
District  
Pre-K @ Central

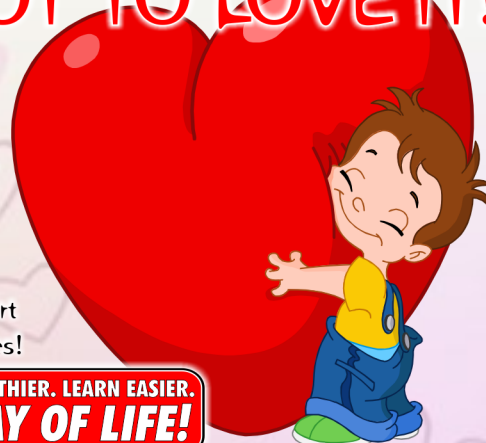


This institution is an equal opportunity provider. Menus are subject to change.

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



Friday, February 1

### Breakfast

Banana or Blueberry Bread  
Assorted Fruit

### Lunch

Baked Chicken w/ Roll  
or  
Meatball Sub  
Fluffy Mashed Potatoes  
Cucumber Cup  
Side Kick Icy  
Assorted Fresh Fruit

## NUTRITION TO GO

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

## A QUICK BITE FOR PARENTS

Monday, February 4

### Breakfast

Mini Confetti Pancakes  
Assorted Fruit

### Lunch

Chicken Tenders w/ Roll  
or  
Hot Ham & Cheese on Pretzel  
Sweet Potato Fries  
Garden Salad  
Chilled Applesauce  
Assorted Fresh Fruit

Tuesday, February 5

### Breakfast

Assorted Muffins  
Assorted Fruit

### Lunch

French Toast w/ Sausage  
or  
Egg & Cheese Sandwich  
Tator Tots  
Celery Cup  
Chilled Mixed Fruit  
Assorted Fresh Fruit  
Lima Bean, Corn, & Tomato Soup

Wednesday, February 6

### Breakfast

Mini Blueberry Waffles  
Assorted Fruit

### Lunch

Papa John's Pizza  
or  
Italian Sub  
Zucchini Parmesan  
Chipotle Bean Salad  
Chilled Peaches  
Assorted Fresh Fruit

Thursday, February 7

### Breakfast

Piggletstick  
Assorted Fruit

### Lunch

Beef Macaroni w/ Roll  
or  
Tuna Salad Sandwich  
Steamed Broccoli  
Cucumber Cup  
Pineapple Tidbits  
Assorted Fresh Fruit  
Chicken Noodle Soup

Friday, February 8

### Breakfast

Assorted Cereal & Grahams  
Assorted Fruit

### Lunch

Hamburger OR Cheeseburger  
or  
Cheese Quesadilla  
Crispy Oven Fries  
Baby Carrots  
Sliced Apples  
Assorted Fresh Fruit

Monday, February 11

### Breakfast

Mini Bagels  
Assorted Fresh Fruit

### Lunch

Boneless Chicken Wings w/  
Roll  
or  
Turkey & Cheese Sandwich  
Crispy Oven Fries  
Cucumber Cup  
Chilled Applesauce  
Assorted Fresh Fruit

Tuesday, February 12

### Breakfast

Assorted Muffins  
Assorted Fruit

### Lunch

Beef Nachos  
or  
Chicken Fajitas w/ Tortilla  
Chipotle Bean Salad  
Zesty Salsa Cup  
Shredded Lettuce & Tomato  
Pineapple Tidbits  
Assorted Fresh Fruit  
Fiesta Soup

Wednesday, February 13

### Breakfast

Cinnamon Rush French Toast  
Assorted Fruit

### Lunch

Stuffed Crust Pizza  
or  
Italian Sub  
Steamed Broccoli  
Celery Cup  
Chilled Mixed Fruit  
Assorted Fresh Fruit

Thursday, February 14

### Breakfast

Piggletstick  
Assorted Fruit

### Lunch

♥ Chicken Nuggets w/ Roll  
or  
Grilled Cheese Sandwich  
Buttery Corn  
Red/Green Pepper Veggie Cup  
Strawberry Parfait  
Assorted Fresh Fruit  
Tomato Soup

Friday, February 15



**No  
School  
Today**





*Seaford Nutrition Services  
Mobile App  
is at your fingertips!  
You will find information  
about the nutrients and allergens  
right on your mobile device.*



**Q** • Why is fish often prepared and served with lemon?



**A:** Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, February 18



**NO SCHOOL TODAY**

Tuesday, February 19

**Breakfast**

Breakfast Bar  
Assorted Fruit

**Lunch**

Spaghetti w/ Meat Sauce &  
Garlic Breadstick  
or  
Cheese Quesadilla  
Steamed Green Beans  
Baby Carrots  
Chilled Peaches  
Assorted Fresh Fruit  
Wedding Soup

Wednesday, February 20

**Breakfast**

Mini Blueberry Waffles  
Assorted Fruit

**Lunch**

Max Stick w/  
Marinara Sauce  
or  
Tuna Salad Sandwich  
California Vegetable Medley  
Cucumber Cup  
Fruit Crisp  
Assorted Fresh Fruit

Thursday, February 21

**Breakfast**

Pigglestick  
Assorted Fruit

**Lunch**

Shepherds Pie  
or  
Fish Fillet Sandwich  
Steamed Peas  
Marinated Vegetable Salad  
Chilled Pears  
Assorted Fresh Fruit  
Vegetable Soup

Friday, February 22

**Breakfast**

Banana or Blueberry Bread  
Assorted Fruit

**Lunch**

Chicken Nuggets w/ Roll  
or  
Cowboy Burger  
Warm Baked Beans  
Roasted Butternut Squash  
Pineapple Tidbits  
Assorted Fresh Fruit

Monday, February 25

**Breakfast**

Mini Bagels  
Assorted Fruit

**Lunch**

Food Truck Chicken Sliders  
or  
Cheesesteak Sub  
Warm Baked Beans  
Celery Cup  
Chilled Applesauce  
Assorted Fresh Fruit

Tuesday, February 26

**Breakfast**

Assorted Muffins  
Assorted Fruit

**Lunch**

Beef Tacos  
or  
Fish Sticks w/ Goldfish  
Buttery Corn  
Zesty Salsa Cup  
Shredded Lettuce & Tomato  
Chilled Peaches  
Assorted Fresh Fruit  
Fiesta Soup

Wednesday, February 27

**Breakfast**

Cinnamon Rush French Toast  
Assorted Fruit

**Lunch**

Deep Dish Pizza  
or  
Pulled Pork Sandwich  
Glazed Carrot Coins  
Red/Green Pepper Veggie Cup  
Chilled Mixed Fruit  
Assorted Fresh Fruit

Thursday, February 28

**Breakfast**

Pigglestick  
Assorted Fruit

**Lunch**

Shrimp Poppers w/  
Mac & Cheese  
or  
Ham & Cheese Sandwich  
Steamed Green Beans  
Broccoli Cup  
Orange Smiles  
Assorted Fresh Fruit  
Potato & Red Pepper Soup

**STRANGE  
BUT TRUE!**

**DID YOU MISS HIM?  
WELL, HE'S BACK! LAST  
YEAR, THERE WAS NO  
FULL MOON IN THE ENTIRE  
MONTH OF FEBRUARY.  
THAT CAN ONLY HAPPEN  
IN THE MONTH THAT  
HAS JUST 28 DAYS!**

