


MENUS FOR FEBRUARY 2010


Matanuska—Susitna Borough School District
Palmer—Wasilla Elementary

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SWEET DEAL.

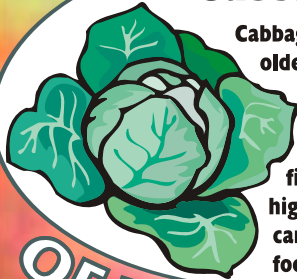
The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!



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




VEGETABLE

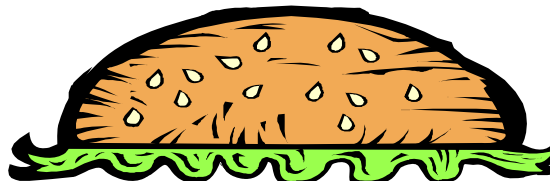
Cabbage



Cabbage is one of the oldest – and most healthful – vegetables known to man. It's high in vitamin C and fiber, and it's also high on the list of cancer-fighting foods.

OF THE MONTH

Monday, Feb. 1	Tuesday, Feb. 2	Wed., Feb. 3	Thursday, Feb. 4	Friday, Feb. 5
Pancakes Sausage Patty Peach Cup Vanilla Bear Graham Cracker Milk	Mini Corn Dogs Baked Beans Canned Pears Cornmeal Bread* Milk	Stuffed Crust Cheese Pizza Tropical Canned Fruit Fresh Veggie Sticks & Dip Milk	Spaghetti & Meat Sauce* Pineapple Tidbits Dinner Roll* Milk	Sub Sandwich* Canned Peaches Blueberry-Lemon Panbread* Milk
Monday, Feb. 8	Tuesday, Feb. 9	Wed., Feb. 10	Thursday, Feb. 11	Friday, Feb. 12
Belgian Waffle Sticks Sausage Links Cinnamon Goldfish Graham Cracker Whole Fruit Juice Bar Milk	<div style="font-size: 2em; font-weight: bold; margin-bottom: 10px;">COOKS CHOICE!</div> 	 <p>Chicken & Bean Burrito Pineapple Tidbits <i>Valentine's Day Cake*</i>  Milk</p>	<p>No School Today!</p> <p>Parent—Teacher Conferences</p>	<p>No School Today!</p> <p>Parent—Teacher Conferences</p>



NUTRITION TO GO

Eat fresh vegetables as soon as possible after they're purchased. Some veggies, like spinach and green beans, lose up to 75% of their vitamin C within a week of being harvested, even when kept in the refrigerator, and you don't know how many days they spent in transit and in the store.

A TASTY MORSEL FOR PARENTS

Lunch Prices

Elementary Student	\$2.75
Reduce/Free Student	\$0.00
Elementary Adult/Visitor	\$3.25
Milk, 1/2 pint variety	\$0.50

As a promotion, the MSBSD Nutrition Services Department will be serving reduced priced students free.

Menu items may contain peanut or tree-nut products.

MENU SUBJECT TO CHANGE DEPENDING UPON AVAILABILITY.

