



**MENUS FOR FEBRUARY 2010**  
 Matanuska—Susitna Borough School District  
 North Elementary

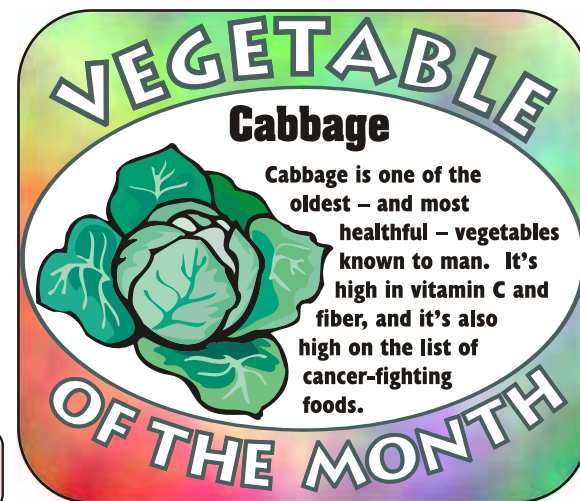
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# SWEET DEAL.

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!

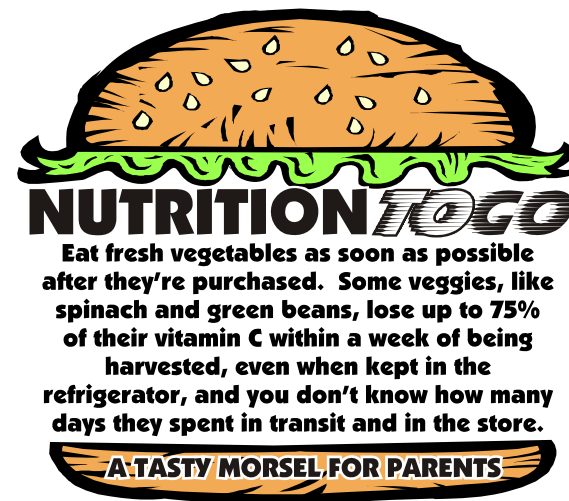


**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



**VEGETABLE OF THE MONTH**  
**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.

Monday, Feb. 1	Tuesday, Feb. 2	Wed., Feb. 3	Thursday, Feb. 4	Friday, Feb. 5
Cinnamon Glazed Toast Sausage Links Vanilla Graham Bear Whole Fruit Juice Bar Milk	Cheeseburger Baked Beans Pineapple Tidbits Pumpkin Bavarian Fluff Milk	Cheese Pizza Applesauce Dinner Salad & Dressing Milk	Lasagna Casserole* Green Peas Pineapple Tidbits Dinner Roll* Milk	SW Chicken Burrito* Refried Beans Canned Peaches Blueberry-Lemon Panbread Milk
Monday, Feb. 8	Tuesday, Feb. 9	Wed., Feb. 10	Thursday, Feb. 11	Friday, Feb. 12
Pancakes Sausage Patty Peach Cup Vanilla Graham Cracker Milk	Mini Corn Dogs Baked Beans Canned Pears Fresh Veggie Sticks & Dip Milk	Sub Sandwich* Canned Tropical Fruit Blueberry-Lemon Panbread* Milk	No School Today! Parent—Teacher Conferences	No School Today! Parent—Teacher Conferences



**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.

