

# February 2012 Hot Lunch Menu

Fruits and vegetables come in all shapes and sizes. It is not surprising that they all grow in different places, some on trees, some on plants, some on vines, and others in the ground!

**Q** What makes a fruit a fruit?

**A** Fruits are generally sweet and have seeds on the inside.

**Q** What makes a vegetable a vegetable?

**A** Vegetables are edible parts of plants (leaves, roots, stems, etc.), but are generally not sweet like fruit.

**Q** Where do they grow?

**A** Fruits and vegetables can grow in many different places. Check the list below to find out where your favorite fruits and vegetables come from.

Root: carrot, potato, radish, sweet potato

Leaf: cabbage greens, lettuce, spinach

Tree: apple, apricot, banana, orange

Plant: artichoke, pineapple, tomato

Vine: grapes, kiwi, squash, watermelon

Stalk: broccoli, celery, asparagus, rhubarb

Mon	Tue	Wed	Thu	Fri
		1 Mexican Bosco Sticks	2 Chili	3 French Toast
6 Chicken Nuggets	7 BBQ Riblets	8 Country Fried Steak	9 Spaghetti/ Meatballs	10 Cheese Omelet
13 Corn Dogs	14 Cheeseburger	15 Chicken Noodle Soup	16 Shepherd Pie	17 <b>NO SCHOOL</b>
20 <b>NO SCHOOL</b>	21 Chicken Patty	22 Scrambled Eggs	23 Taco	24 Waffles
27 Burger	28 Pizza	29 Nacho		

*Each day's hot lunch menu includes the entrée or a peanut butter and jelly sandwich, a protein, vegetable, fruit, bread, milk, and full salad bar.*

*Cold lunch students may purchase the salad bar for \$1.25.*

*Elementary lunch \$1.80 • Middle School lunch \$1.90 • Milk 35¢*