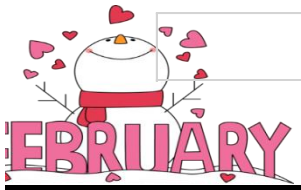
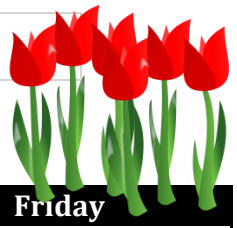


Immaculate Conception Regional School

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
3-Feb **Beef Dippers** Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	4-Feb **Breakfast for Lunch** Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk	5-Feb **Chicken Bacon Ranch Burger** Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk	6-Feb **Burrito w/ Queso Sauce** Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk	7-Feb **French Bread Pizza** Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk **Nonfat Chocolate Milk**
10-Feb **Sweet n Sour Chicken** Steamed Rice/Broccoli Egg Roll Salad & Fruit Bar Nonfat & 1% Milk	11-Feb **Crispy Chicken Burgers** Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk	12-Feb **Spaghetti w/ Meatsauce** Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk	13-Feb **Crispitos** Salsa/ and chips Salad & Fruit Bar Nonfat & 1% Milk	14-Feb **Noon Dismissal** NO Lunch Happy Valentine's Day
17-Feb **No School** President's Day	18-Feb **Hot Ham and Cheese Sandwich** Cheetos Sakuma Blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk	19-Feb **Popcorn Chicken** Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk	20-Feb **Chicken Nuggets** Seasoned Wedges Salad & Fruit Bar Nonfat & 1% Milk	21-Feb **Cheese Pizza/Pepperoni Pizza** Caesar Side Salad President's Day Cookies Salad & Fruit Bar Nonfat & 1% Milk **Nonfat Chocolate Milk**
24-Feb **Mandarin Orange Chicken** Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	25-Feb **Chicken Burger** Crinkle Fries Salad & Fruit Bar Nonfat & 1% Milk	26-Feb **Cheesy Breadsticks** w/ Marinara Sauce Caesar Salad Nonfat & 1% Milk ***ASH WEDNESDAY***	27-Feb **Turkey and Cheese Sub** With Flama Chips Salad & Fruit Bar Nonfat & 1% Milk	28-Feb **Noon Dismissal** No Lunch

Meal Prices	
-4 Lunch	$3.25
-8 Lunch	$3.75
educe Price Lunch	$0.40
dult Lunch	$4.00
lilk	$0.50

Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, and milk!

This institution is an equal opportunity provider and employer. Menu subject to change without notice.

Questions? Call David Connors, Food Services Director, at (360) 428-6149.

FEBRUARY IS HEART HEALTH MONTH!

Two simple ways to keep your heart healthy include:

Eating a rainbow of fruits and vegetables. Different colors of fruits and vegetables have different vitamins and minerals that your body needs to stay strong.

Being active every day. Do an activity that you enjoy every day, such as jumping rope, playing basketball, or roller skating.

Harvest of the Month: BERRIES!! February 4th and 18th!

e are lucky enough to live in an area where berries of all kinds are farmed and harvested in the spring time. Fresh or frozen. We love berries! Be sure to taste strawberries and ueberries straight from our local berry famers at Sakumas on February 4th and 18th!