

Menus for February 2023

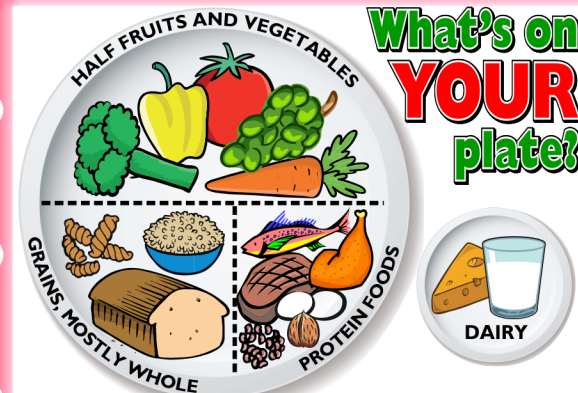
**CNMI Public School System,
Child Nutrition Program**

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

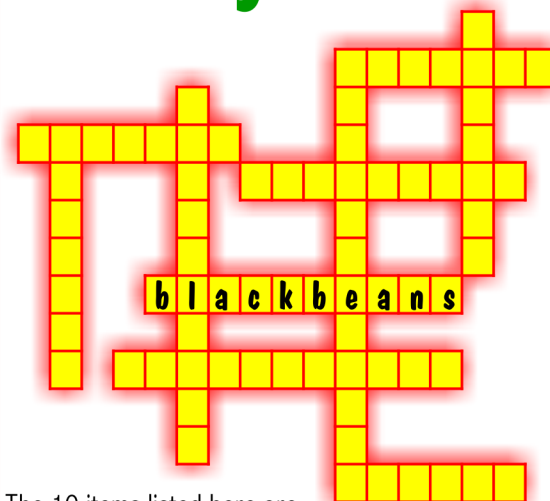


Word of the Month in·i·tia·tive

- n. 1. The ability to follow through energetically with a plan
2. enterprise and determination to begin a task and see it through



Can you fit in the "hearty" foods?



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!**

Wednesday, February 1

Breakfast

Mac & Cheese
Fruit

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, February 2

Breakfast

Sausage Patty with Garlic Rice
Fruit

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Hawaiian Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, February 3

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, February 6

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, February 7

Breakfast

Fried Rice with Portuguese
Sausage
Fruit

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Chickenburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, February 8

Breakfast

Ham and Cheese Roll
Fruit

Lunch

Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, February 9

Breakfast

Sausage & Egg Scramble
Steamed Rice
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, February 10

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Piccata
Garden Salad
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates — and you should also try to fit them in to the crossword puzzle above!

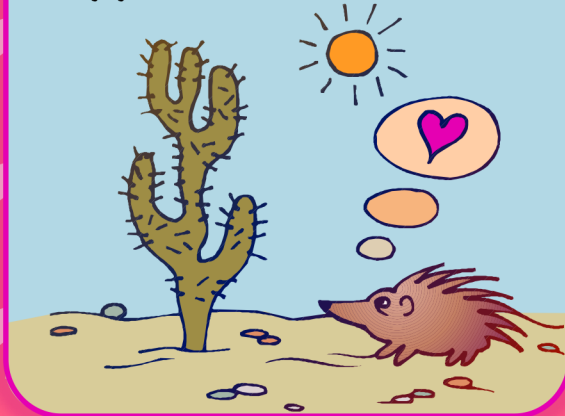
**Almonds
Asparagus
Oatmeal**

**Walnuts
Spinach
Salmon**

**Blueberries
Strawberries
Black Beans
Cantaloupe**

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Happy Valentine's Day!



STRANGE BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS
- AND EVEN DANGLE FROM ABOVE BY A SINGLE TOE!
- THANKS TO 500,000 TINY HAIRS ON THE SOLES
OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY
ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE,
ENABLING THE GECKO'S FEET TO HOLD ON TO
INVISIBLE NOOKS AND CRANNIES ON ANY SURFACE -
EVEN THE GLASS WALLS OF AN AQUARIUM.

Monday, February 13

Breakfast

Assorted Cereal
Fruit

Lunch

Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, February 14

Breakfast

Sausage Links
Garlic Fried Rice
Fruit

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice

Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, February 15

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Beef Steak with Green Peas &
Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, February 16

Breakfast

Tropical Storm Fried Rice
Fruit

Lunch

Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice

Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, February 17

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

BBQ Chicken
Red Rice
Corn and Potato Salad
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, February 20

**President's Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sautéed Spinach
Fruit

Tuesday, February 21

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, February 22

Ash Wednesday

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, February 23

Breakfast

Grilled Ham with Fried Rice
Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Chicken Kelaguen
Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, February 24

Breakfast

Pan de Sal with Egg & Cheese
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, February 27

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, February 28

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at <https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd>