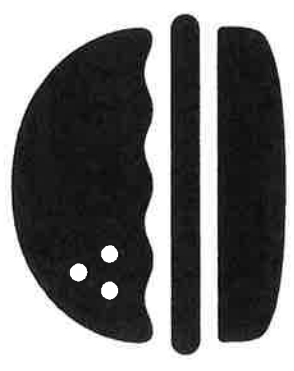


Week of 1/31/18

# FUNDRAISING

☀️ Never Tasted So Good ☀️



Mention Parkside Elementary  
and 20% comes back to our school!


DATE: February 7, 2018

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TIME:

Dine-in or Take-out, Anytime 11am-9pm  
( 3rd Party Delivery Services, like DoorDash, do not apply )

LOCATION:

 **Jack's**  
**PRIME**  
burgers & shakes  
3723 S. El Camino Real  
San Mateo, CA  
(650) 638 1479



Shoot For The Stars  
with School Lunch!

5 Star Meals Offered Daily

- ★ Protein
- ★ Grain
- ★ Fruit
- ★ Vegetable
- ★ Milk



MAGIC STARS

- ★ ½ Cup of Fruit
- ★ ½ Cup of Vegetable

A complete meal must have 3 or more stars  
1 STAR must be a **Magic Star**



# Menus for February 2018

San Mateo-Foster City School  
District Child Nutrition Services



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

*Available Daily*

**Lunch Hot Entrée's or Yogurt Basket (Yogurt, String Cheese and Crackers) or WOWBUTTER Sandwich, or Hummus Basket (Hummus, Cheese, Crackers)**  
**Fruit and Vegetable**  
**Choice of Fat Free Chocolate or 1% White Milk**  
Menu subject to change

## Brain Tickers

Why did King Kong climb to the top of the Empire State Building?

(Hold the page upside down and read it in a mirror for the answer!)

His morning, it is the answer!

<p><b>Monday, February 5</b></p> <p><b>Breakfast</b> Banana Bread or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> French Toast Beef Sausage Patty or BBQ Beef Mini Rib Sandwich</p>	<p><b>Tuesday, February 6</b></p> <p><b>Breakfast</b> Ultra Cinnamon Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> Breaded Chicken Patty on a Whole Grain Bun or BBQ Beef Mini Rib Sandwich</p>	<p><b>Wednesday, February 7</b></p> <p><b>Breakfast</b> Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> Turkey Pepperoni Stuffed Sandwich or BBQ Beef Mini Rib Sandwich</p>	<p><b>Thursday, February 8</b></p> <p><b>Breakfast</b> Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> Spaghetti &amp; Beef Meatballs or BBQ Beef Mini Rib Sandwich</p>	<p><b>Friday, February 9</b></p> <p><b>Breakfast</b> Mini Waffle or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> Cheese Pizza or Chicken Corn Dog BBQ Beef Mini Rib Sandwich</p>
<p><b>Thursday, February 1</b></p> <p><b>Breakfast</b> Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> Breaded Chicken Drumstick on Loaded Mashed Potatoes or Chicken Corn Dog</p>	<p><b>Friday, February 2</b></p> <p><b>Breakfast</b> Mini French Toast or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk</p> <p><b>Lunch</b> Cheese Pizza or Chicken Corn Dog</p>			



# YEAR OF THE DOG 2018



狗

The Chinese New Year begins with the new moon on February 16. 2018 is the year of the Dog.

**Friday, February 16**

**Breakfast**  
Mini French Toast  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza  
or  
Chicken Egg Roll

**Thursday, February 15**

**Breakfast**  
Fresh Baked Muffin  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Turkey Nachos  
or  
Chicken Corn Dog

**Wed., February 14**

**Breakfast**  
Breakfast Bun  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Breaded Popcorn Chicken  
w/Orange Sauce  
over Rice  
or  
Chicken Corn Dog

**Tuesday, February 13**

**Breakfast**  
Mini Pancakes  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Macaroni & Cheese  
or  
Chicken Corn Dog

**Monday, February 12**

**Breakfast**  
Cinnamon Roll or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Chicken Nuggets  
or  
Chicken Corn Dog

## NUTRITION 101

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

**A QUICK BITE FOR PARENTS**

**Friday, February 23**

**Breakfast**  
Mini Waffle or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza  
or  
BBQ Beef Mini Rib Sandwich

**Thursday, February 22**

**Breakfast**  
Fresh Baked Muffin  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Spaghetti & Beef Meatballs  
or  
BBQ Beef Mini Rib Sandwich

**Wed., February 21**

**Breakfast**  
Cinnamon Glazed Pancake or  
Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Breaded Chicken Patty on a  
Whole Grain Bun  
or  
BBQ Beef Mini Rib Sandwich

**Tuesday, February 20**

**Breakfast**  
Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Filled Bread Sticks  
or  
BBQ Beef Mini Rib Sandwich



**PRESIDENTS DAY**

**NO SCHOOL TODAY**

Prepay On-line



Breakfast \$1.50  
Lunch \$2.50

**FEBRUARY BIRTHDAYS**

Rosa Parks -- Feb. 4  
Charles Dickens -- Feb. 7  
Khalid (20) -- Feb. 11  
Frederick Douglass -- Feb. 14  
Ed Sheeran (27) -- Feb. 17  
W.E.B Du Bois -- Feb. 23

**HAPPY VALENTINE'S DAY!**



**FEBRUARY 14**

**Wednesday, February 28**

**Breakfast**  
Breakfast Bun  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Bean and Cheese Burrito  
or  
Chicken Corn Dog

**Tuesday, February 27**

**Breakfast**  
Mini Pancakes  
or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Macaroni & Cheese  
or  
Chicken Corn Dog

**Monday, February 26**

**Breakfast**  
Cinnamon Roll or Cereal  
Yogurt  
Fruit

100% Fruit Juice  
Choice of Milk

**Lunch**  
Chicken Nuggets  
or  
Chicken Corn Dog