

Excelsior Phelan

FEBRUARY Student Meals

DID YOU KNOW?

VITAMIN D

TOP REASONS WHY YOU SHOULD BE GETTING VITAMIN D DAILY

- ✓ VITAMIN D IS A ESSENTIAL NUTRIENT FOR BONES & MUSCLES
- ✓ VITAMIN D IS A KEY TO IMMUNE SYSTEM HEALTH
- ✓ VITAMIN D IS A KEY TO MOOD & MENTAL HEALTH
- ✓ VITAMIN D IS A KEY TO SKIN HEALTH
- ✓ VITAMIN D IS A KEY TO BLOOD PRESSURE CONTROL

VITAMIN D IS IMPERATIVE FOR MAINTAINING HEALTH. HERE ARE SOME HOME FACTS:

- ✓ VITAMIN D IS FOUND IN FISH & FISH OIL
- ✓ VITAMIN D IS FOUND IN EGG YOLKS
- ✓ VITAMIN D IS FOUND IN MUSHROOMS
- ✓ VITAMIN D IS FOUND IN STRENGTHENERS
- ✓ VITAMIN D IS FOUND IN SUNLIGHT

FOOD SOURCES INCLUDE: SALMON, TUNA, MACKEREL, EGG YOLKS, MUSHROOMS, STRENGTHENERS, SUNLIGHT

Do you know?



Honey enters the blood stream in less than 20 minutes. this occurs because it has already been digested by the bee.

Emotional Side

Dumb Joke of the Month

Q: What did the hamburger name its baby?

A: Patty



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods.

TUESDAY

1

Breakfast
Cheerios

Lunch
Crispy Chicken Sandwich, falafel tots, steamed corn

8

Breakfast
Vanilla Concha Bread

Lunch
Vegan Jamaican Calzoni, cucumber slices, roasted sweet potatoes, green peas

15

Breakfast
Banana Muffin

Lunch
Mozzarella-stuffed Breadsticks, corn, baby carrots

22

Breakfast
Cinnamon Crisp Bar

Lunch
Chicken Taco Duo, black beans, roasted sweet potatoes, celery sticks

WEDNESDAY

2

Breakfast
Cinnamon Crumble

Lunch
Hot Dog, steamed green beans

9

Breakfast
Sausage & Cheddar Biscuit

Lunch
Beef Burger, falafel tots, pinto beans

16

Breakfast
Autumn Spice Muffin

Lunch
Chicken Enchiladas, broccoli

23

Breakfast
Lemon Muffin

Lunch
Shredded BBQ Chicken Plate, falafel tots

THURSDAY

3

Breakfast
Banana Muffin

Lunch
Baked Mac & Cheese, Chicken Bites, baby carrots

10

Breakfast
Strawberry Pancake Bowl

Lunch
Chicken Tamale, rice, corn

17

Breakfast
Overnight Oatmeal w/Strawberries

Lunch
3-Layer Dip, w/chips, carrots, celery

24

Breakfast
Sausage & Cheddar Biscuit

Lunch
Cheese Tamale, seasoned rice, steamed corn

FRIDAY

4

Breakfast
Chicken Sausage & Cheddar Bagel

Lunch
Cheese Pizza, salad, broccoli

11

Breakfast
Corn Chex

Lunch
Chicken Alfredo, broccoli

18

Feb 18-21
HAPPY PRESIDENT'S DAY!
Weekend



25

Breakfast
Chicken Sausage & Cheddar Brekwich

Lunch
Cheeseburger, broccoli

2022