

# Crossett School District

# February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Corn Dog Mustard Baked Beans Raw Veggie Strips Ranch Dressing Rosey Applesauce Milk B701	Baked Turkey/Gravy Mashed Potato California Blend Vegetables Roll Apple Wedges Caramel Topping Milk B308	No School 3	Pepperoni Pizza Garden Salad Ranch Dressing Fresh Fruit Marshmallow Rice Square Milk G055	Turkey & Cheese on Bun Sandwich Salad Cup Mustard/Mayonnaise Pretzel Fruit Milk B715
Chicken Crispito Garden Salad Ranch Dressing Corn Fruit Milk Y112	Fish Strip French Fries Ketchup Mixed Green Salad Ranch Dressing Assorted Fresh Fruit Milk B305	Baked Ham Macaroni & Cheese Baked Sweet Potatoes Roll Fruit Milk G358	Spaghetti w/Meat Sauce Green Salad Ranch Dressing Cornbread No Bake Cookie Milk G053	Chicken Sandwich Mustard/Mayonnaise Sandwich Salad Cup Baked Chips Ketchup Fruit Milk G752
No School 15	Chicken Breast Strips BBQ Sauce Macaroni & Cheese Green Beans Wheat Roll Fruit Milk R454	Chili Con Carne & Beans Crackers Orange Smiles Cinnamon Roll Milk B012	Pigs in a Blanket Potato Wedges Green Salad Ranch Dressing Ketchup Mustard Fruit Milk R855	Hamburger on a Bun Mayonnaise/Mustard Sandwich Salad Cup French Fries Sliced Peaches Graham Cracker Milk G759
Sausage Pizza Garden Salad Ranch Dressing Fresh Grape Marshmallow Rice Square Milk G055	Chicken Nuggets Rice Gravy Mixed Vegetables Biscuits Fruit Milk G352	Ground Beef & Macaroni Garden Salad Ranch Dressing Corn Roll Frozen Fruit Bar Milk B319	BBQ Ribs Pattie Sandwich French Fries Ketchup Assorted Fresh Fruit Sherbet Milk B704	Chicken Pot Pie Mixed Green Salad Ranch Dressing Cranberry Sauce Orange Smiles Cookie Milk Y410

## Guess What?

Your heart can beat up to 40,000,000 times per year!  
 Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

