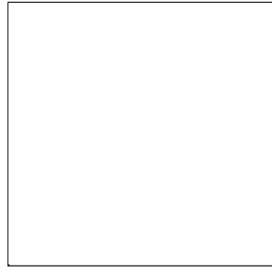


Sequim Elementary Menu



Super Bowl Lunch!!
 Mini Pizza with Tots
 American Sub Sandwich
 Fresh Salad
 Cheese Quesadilla
 Special Treat!

Meatball Sub Sandwich
 Baked Corndog
 PB & J Sandwich
 Fresh Wraps or Salad
 Variety of Pizza

Baked Pretzel & Cheese Sauce
 Baked Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Fresh Salad
 Variety of Pizza

Sloppy Joe Sandwich
 Hot Dog
 Lunchables
 Fresh Salad
 Baked Popcorn Chicken & Roll

Turkey Gravy over Mashed Potato
 Cheese Burger
 Turkey & Cheese Sandwich
 Fresh Salad
 Variety of Pizza

Cheesy Nacho's
 Baked Chicken Patty Sandwich
 American Sub Sandwich
 Fresh Salad
 Cheese Quesadilla

Fish & Chips with Coleslaw
 Baked Corndog
 PB & J Sandwich
 Fresh Wraps or Salad
 Variety of Pizza

Home Made Vegetarian Chili with Roll
 Baked Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Fresh Salad
 Variety of Pizza

Enchilada
 Hot Dog
 Lunchables
 Fresh Salads
 Baked Chicken Nuggets with Roll

Valentines Day
 Goey Grilled Cheese Sandwich with
 Soup
 Cheese Burger
 Turkey & Cheese Sandwich
 Fresh Salad
 Variety of Pizza

Beefy Taco with Cheese & Lettuce
 Baked Chicken Patty Sandwich
 Italian Sub Sandwich
 Fresh Salad
 Cheese Quesadilla

No School

 Presidents Day Weekend

No School

 Presidents Day

BBQ Hoagy Sandwich
 Hot Dog
 Lunchables
 Fresh Salad
 Baked Popcorn Chicken & Roll

Breakfast for Lunch
 Cheese Burger
 Turkey & Cheese Sandwich
 Fresh Salad
 Variety of Pizza

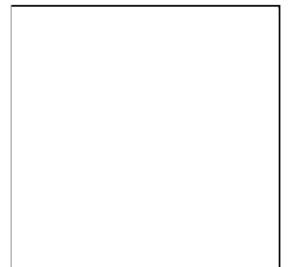
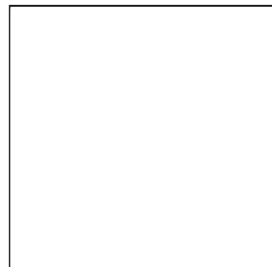
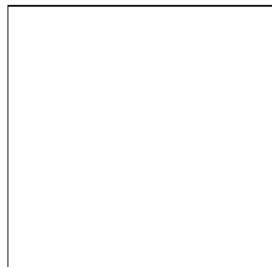
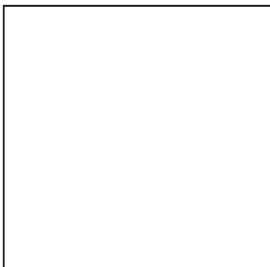
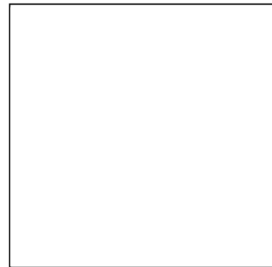
Cheesy Nacho's
 Baked Chicken Patty Sandwich
 American Sub Sandwich
 Fresh Salad
 Cheese Quesadilla

Twisted Dogs with Baked Fries
 Baked Corndog
 PB & J Sandwich
 Fresh Wraps or Salad
 Variety of Pizza

Beef Teri Dippers & Rice
 Baked Chicken patty Sandwich
 Ham & Cheese Sandwich
 Fresh Salad
 Variety of Pizza

Chicken Potato Bowl
 Hot Dog
 Lunchables
 Fresh Salad
 Baked Chicken Nuggets & Roll

Baked Ravoili in Tomato Sauce
 Cheese Burger
 Turkey Sandwich
 Fresh Salad
 Variety of Pizza



Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
31mg sodium, 4g fiber

5th Grade Students!

Watch in the next few weeks for applications for our Annual Kids Can Cook Contest. Papers will be sent to your teachers soon!!

