

Menu for February 2023

Roslyn Public Schools

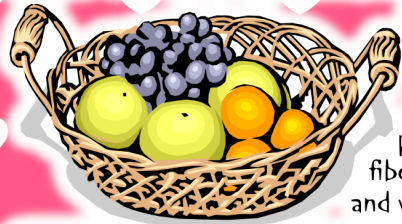
This institution is an equal opportunity provider. Menus are subject to change.



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, Feb 1

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk

Middle & High School Elementary
 Plain Pasta or Pasta with Protein

Thursday, February 2

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk
 HS & MS& Elementary

The chicken item maybe
 One of the following
 Popcorn, Tenders
 Patty

Friday, February 3

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk

High School Tangerine Chicken w/Rice
 Elementary & MS
 Pizza

Monday, February 6

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk

Middle & High School Elementary
 Grilled Cheese

Tuesday, February 7

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk

High School Elementary & Middle
 Hamburger/Cheese Burger

Wed., February 8

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk

Middle & High School Elementary
 Plain Pasta or Pasta with Protein

Thursday, February 9

Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk
 HS & MS& Elementary

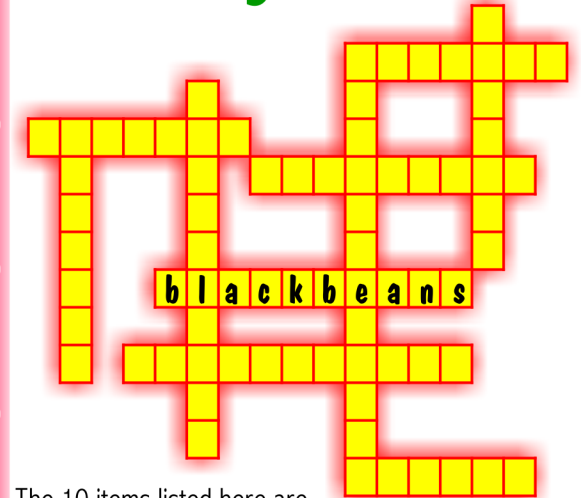
The chicken item maybe
 One of the following
 Popcorn, Tenders
 Patty

Friday, February 10

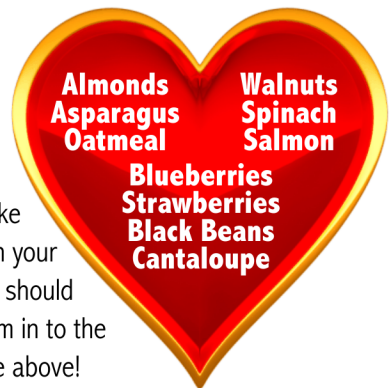
Lunch

Choice of Sandwiches
 Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk

High School Tangerine Chicken w/Rice
 Elementary & MS
 Pizza



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!



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



Monday, February 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School
Elementary
Grilled
Cheese

Tuesday, February 14

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Elementary
& Middle
Hamburger/Cheese
Burger

Wednesday, Feb 15

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School
Elementary
Plain Pasta or Pasta with
Protein

Thursday, Feb 16

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
HS & MS& Elementary

The chicken item maybe
One of the following
Popcorn, Tenders
Patty

Friday, February 17

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Tangerine
Chicken w/Rice

Elementary & MS
Pizza

**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 20



**NO SCHOOL
TODAY**

Tuesday, February 21



Wed., February 22

Thursday, Feb. 23

Friday, February 24

Monday, February 27

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Middle & High School
Elementary
Grilled
Cheese

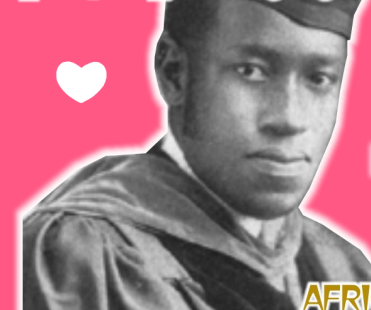
Tuesday, February 28

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School Elementary
& Middle
Hamburger/Cheese
Burger

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>