



# 2012 February

## Covenant Christian School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Heartland Chicken</b> <b>Pot Pie</b> Broccoli and Cauliflower Peaches	<b>2</b>	<b>3</b> Cheesy Breadsticks Caesar Salad Red Grapes Fresh Baked Sweet!
<b>6</b> Meatball Sub Italian Green Beans Mixed Melon	<b>7</b>	<b>8</b> Mashed Potato Bowl w/ Chicken Peaches	<b>9</b>	<b>10</b> Toasted Ravioli California Veggies Cinnamon Applesauce Fresh Baked Sweet!
<b>13</b> Breakfast for lunch! Pancakes w/ Sausage Banana	<b>14</b>	<b>15</b> Crispy Fish Corn on the Cob Cinnamon Applesauce	<b>16</b>	<b>17</b> No School
<b>20</b> No School	<b>21</b>	<b>22</b> <b>Fettuccine w/</b> <b>Fresh Veggies</b> Carrots Fresh Mango	<b>23</b>	<b>24</b> Chicken Tenders Italian Green Beans Pears Fresh Baked Sweet!
<b>27</b> <b>Chicken Noodle Soup</b> <b>in Bread Bowl!</b> Caesar Salad Banana	<b>28</b>	<b>29</b> <b>BBQ Beef Potato</b> Caesar Salad Apple		



Meals are \$4.25 and include milk.\*  
**new items in red!**  
 All meals are peanut and tree nut-free.

**Fit Facts to help us stay healthy this winter season:**

It's hard not to just watch movies and read books during the winter, but get up and move with your child! Some fun family winter "workout" ideas are:

- Go on a "polar bear" walk around the neighborhood or in an nearby park
- Mark off a basement area for 4 -square
- Stand in a circle, and let each person choose a move for 30 seconds – then switch! (go around at least 6 times!)
- Don't wait for snow, "sled" down some grassy hills on old boxes!
- or my favorite – Just Dance on the wii – fun (and laughs) for the whole family! ☺

