

<div>  <h1>February</h1> </div>		February 1		February 2
		Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Mashama Baileys Rice Middlins with Chicken Fresh Fruit, Milk	Banana Muffin Top Fresh Fruit Milk
February 5	February 6	February 7	February 8	February 9
Whole Grain Cereal Or Bagel Milk, Fruit	Whole Grain Cereal Or Bagel Milk, Fruit	Whole Grain Cereal Or Bagel Milk, Fruit	Whole Grain Cereal Or Bagel Milk, Fruit	Whole Grain Kitchen Choice Graham Cracker Milk, Fruit
PB and J Carrot sticks Milk, Fruit	Breakfast for Lunch Waffle Sticks Fresh Fruit, Milk	Chicken Noodle Soup Cucumbers Milk, Fruit	Marcus Samuelsson Beef Tibs, Grits and Greens Fresh Fruit, Milk	Pizza "Hot Pockets" Tossed Salad Fresh Fruit, Milk
February 12	February 13	February 14	February 15	February 16
Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Kitchen Choice Graham Cracker Milk, Fruit
PB and J Carrot sticks Milk, Fruit	Turkey Sub Cucumbers Fruit, Milk	Lentil Bolognese Pasta Sauteed Garlicky Greens, Milk, fruit	Eric Adjepong' s Ghanian Jollof Rice and Chicken, Cool Cucumber Salad, fruit, milk	Breakfast Pizza Bell Pepper bites with Ranch Fresh Fruit, Milk
February	February	February	February	February
Winter break No school	Winter break No school	Winter break No school	Winter break No school	Winter break No school
February 26	February 27	February 28	February 29	March 1
Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	<div> BLACK HISTORY MONTH  </div>
PB and J Carrot sticks Milk, Fruit	Chicken BBQ Hot Pocket Broccoli Salad Fresh Fruit, Milk	Ms. Navone's Immune Boosting Minestrone Roll and Butter Milk, Fresh Fruit	Tabitha Brown's Famous and Mac and Cheese Cucumbers	

All Bread pastas and grain prodcuts we serve, are healthy whole grains as often as possible. We aim to reduce salt, unhealthy fats and sugars and increase fruit and vegetable consumption as often as we can. **We are a CEP School. All breakfast and lunch meals served are FREE to all scholars. DUE to There will be **no ala carte** this year. All meals served as is unless allergies are noted, or alternative is ordered by 9:30 a.m.*

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February is both Black History Month and Heart Health Month! We love this combination of celebrations because we have an amazing opportunity to celebrate Black chefs whose mission is to redefine and still embrace Black food traditions from Africa, Caribbean, and the United States. These gifted chefs focus on the heart healthiest parts of their food traditions. Black American, Island and African cultures include plenty of fresh vegetables, grains, and legumes with a focus on these foods first! This also happens to be the American Heart Association's guidance for a healthy diet. This year we are celebrating Tabitha Brown, Mashama Bailey, Marcus Samuelsson and Eric Adjepong. Please see the details below:



Mashama Bailey is an American chef trained whose focus is Southern cuisine. In 2019, Bailey was awarded a James Beard Award as best chef of the southeast. Her Chicken Middlins includes some healthy vegetables in a creamy chicken and rice dish.



Marcus Samuelsson is an Ethiopian-born Swedish-American celebrity chef, restaurateur and television personality. He is the head chef of Red Rooster in Harlem, New York. His Dish of Tibs and Grits is a traditional beef tips and corn grits recipe from Ethiopia.



Eric Adjepong is an American chef, television personality, and author. He was a finalist on the television series Top Chef: Kentucky season 16.^{[1][2][3]} He has appeared on multiple Food Network television shows. We had Eric's Ghanian Jollof Rice and chicken 2 years ago and are revisiting this great recipe!



Tabitha Brown is an American actress and social media personality. She creates online video content incorporating veganism and humor. Her Plant Based Mac and Cheese has won awards and accolades, and we are going to try this heart healthier version of the comfort food we all love!



Bonus!

We will have an extra Heart Healthy meal on February 14th to highlight some exceptional heart healthy foods like legumes and green from the healthy Mediterranean diet.



Pasta with a meaty textured lentil sauce Called Lentil Bolognese. Beans(the lentils in the sauce) and green vegetables like broccoli, kale, spinach(steamed and sauteed in garlic) are high in fiber and nutrients that help our hearts stay strong!