


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School Information:</p> <ul style="list-style-type: none"> Professional Development Day – February 17th Break or Weather Day – February 20th 		<p>Lasagna Italian Green Beans Romaine Salad Wheat Roll Fresh Fruit Assorted Milk</p> <p>1</p>	<p>Grilled Chicken Sandwich Potato Wedges Corn on the Cob Baked Apple Honey Crisp Assorted Milk</p> <p>2</p>	<p>Oven Baked Pizza Vegetable Pasta Salad Fresh Carrot Sticks Fruit Fudge Brownie Assorted Milk</p> <p>3</p>
<p>Baked Chicken Strips Macaroni and Cheese Baby Green Lima Beans Fruit Cup with Whipped Topping / Wheat Roll Assorted Milk</p> <p>6</p>	<p>Ham and Cheese Bake Turnip Greens Black-eye Peas Cornbread Fresh Fruit Assorted Milk</p> <p>7</p>	<p>Hamburger Crumble with Gravy Steamed Rice Buttered Sweet Corn Wheat Roll / Fresh Fruit Assorted Milk</p> <p>8</p>	<p>BBQ Glazed Chicken Potato Salad Broccoli with Cheese Parkerhouse Roll Fresh Fruit Assorted Milk</p> <p>9</p>	<p>Corndog Sweet Potato Fries Green Beans Fruit Cookie Assorted Milk</p> <p>10</p>
<p>Catfish Strips Country Style Baked Beans Coleslaw Hushpuppies Fruit Assorted Milk</p> <p>13</p>	<p>Chicken Fajita Wrap Steamed Buttered Rice Stir Fry Vegetables Fresh Fruit Valentine Cake Assorted Milk</p> <p>14</p>	<p>Nachos Supreme with Cheese and Sour Cream Garden Salad Refried Beans Fresh Fruit / Cookie Assorted Milk</p> <p>15</p>	<p>Smoked BBQ Sandwich Sliced Pickles Crinkle Cut Fries Corn on the Cob Banana Pudding Assorted Milk</p> <p>16</p>	<p>Professional Development Day</p> <p>17</p>
<p>Break or Weather Day Holiday</p> <p>20</p>	<p>Buffalo Wings Green Beans Potatoes Au Gratin Golden Wheat Roll Fruit Cobbler Assorted Milk</p> <p>21</p>	<p>Baked Ham Slice Yam Patties Black-eye Peas Cornbread Fresh Fruit Assorted Milk</p> <p>22</p>	<p>Santa Fe Soup with Cheese and Sour Cream Tortilla Chips Romaine Salad Fresh Fruit / Fudge Brownie Assorted Milk</p> <p>23</p>	<p>Deluxe Hamburger with Cheese Lettuce and Tomato Potato Rounds Dill Pickle Spear / Fruit Jello Assorted Milk</p> <p>24</p>
<p>Chicken Quesadilla with Salsa and Sour Cream Hash Brown Potato Casserole Green Beans Fruit Salad Assorted Milk</p> <p>27</p>	<p>Homemade Meat Loaf Wild Rice Buttered Corn Honey Wheat Roll Fresh Fruit Assorted Milk</p> <p>28</p>	<p>Loaded BBQ Potato Romaine Salad Parkerhouse Roll Fresh Fruit Cookie Assorted Milk</p> <p>29</p>		

Equal Opportunity Policy: It is the official policy of Covington County School System that no person shall, on the ground of race, sex, religion, color, creed, national origin, handicap, or age, be excluded from participation in, be denied the benefits of or be subjected to discrimination under any program, activity, or employment. Inquiries of complaints regarding compliance with federal regulations may be directed to Ricky Messick, Covington County Board of Education, 807 C.C. Baker Avenue, Andalusia, AL. 36420, (334) 222-7571.

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.