





**February 2023**  
**19 Days of School**  
**19 Days for Teachers**

| Sun.      | Mon.   | Tue.   | Wed.  | Thur.   | Fri.  | Sat.      |
|-----------|--|--|---|---|---|-----------|
|           |  |  | <b>1</b><br>Home Based Parent Workshop<br>1-2pm<br>Via Zoom<br><br>Mother's in Progress<br>5:30-6:30pm<br>Via Zoom  | <b>2</b>  | <b>3</b><br>Home Based Socialization<br>11am-1pm<br>BBI Library             | <b>4</b>  |
| <b>5</b>  | <b>6</b>   | <b>7</b>   | <b>8</b><br>Mother's in Progress<br>5:30-6:30pm<br>Via Zoom   | <b>9</b>  | <b>10</b>   | <b>11</b> |
| <b>12</b> | <b>13</b><br>Parent Café<br>3:30-5pm<br>BBI Library<br><br>Policy Council Meeting<br>4-5pm<br>FS Suite | <b>14</b><br>Daddy/Daughter Dance<br>3:30-5pm<br>MPR<br><br>Development Workshop<br>4-5pm<br>BBI Library | <b>15</b><br>Black Futures Emotional Wellness Panel<br>12-2pm<br>Housing Finance Agency<br><br>Home Based Parent Workshop<br>1-2pm<br>Via Zoom<br><br>Mother's in Progress<br>5:30-6:30pm<br>Via Zoom | <b>16</b><br>Unlocking Better Home buying/Building Wealth<br>4-5pm<br>BBI Library | <b>17</b><br>Parent Teacher Conferences<br>2pm Early Dismissal for Students | <b>18</b> |
| <b>19</b> | <b>20</b><br>President's Day<br>BBI Closed   | <b>21</b><br>BBI Health Fair<br>12-3pm<br>BBI Library  | <b>22</b><br>Screen Time Strategies<br>1pm & 7pm<br>Via Zoom<br><br>Mother's in Progress<br>5:30-6:30pm<br>Via Zoom   | <b>23</b><br>Problems with Potty Training<br>4-5pm<br>BBI Library                 | <b>24</b><br>Home Based Socialization<br>11am-1pm<br>BBI Library            | <b>25</b> |
| <b>26</b> | <b>27</b>  | <b>28</b><br>Health Advisory Council Meeting<br>4-5pm<br>BBI Library                                     |   |   |   |           |

|              | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--------------|--|---|---|---|--|
| <b>LUNCH</b> |  |   | <u><b>Make Your Own Wrap</b></u> 1<br>1 oz Turkey (2 slices)<br>2 tbsp Hummus<br>½ oz Cheddar Cheese<br>1 <b>WG</b> Flour Tortilla<br>½ c Tossed Salad w/ Ranch<br>¼ c <b>Fresh Fruit Salad</b><br>¾ c Milk<br><i>Veg: 1/8 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i> | 2 Chicken Tenders w Honey Mustard<br>1 <b>WG</b> Cornbread<br>1/4 C Coleslaw<br>¼ c <b>Apple Slices</b><br>¾ c Milk<br><i>Veg: 3 Vegetarian Nuggets</i>                                     | ½ c Macaroni & Cheese (2 oz M/MA, ¼ c wg noodles ½ oz)<br>1 String Cheese<br>¼ c Peas<br>¼ c <b>Fruit Mix cocktail</b><br>¾ c Milk<br><i>Veg: Same</i>   |
|              | ½ c Beef Vegetable Lomein (1/4 c Stir Fried Asian Vegetables, 1/4 c Beef)<br>¼ c Lomain Noodles<br>¼ c <b>Mandarin Oranges</b><br>¾ c Milk<br><i>Veg: ½ c Vegetable Lomein/1 String Cheese</i> | 4 Chicken Nuggets<br>1 <b>WG</b> Roll (1 oz)<br>¼ c <b>Corn</b><br>¼ c <b>Pears</b><br>¾ c Milk<br><i>Veg: 3 Vegetarian Nuggets</i>   | 2 oz <b>CN Hamburger Patty w/ Ketchup</b><br>1 <b>WG Bun</b><br>¼ c Coleslaw<br>¼ c <b>Tropical Fruit Salad</b><br>¾ c Milk<br><i>Veg: 1 Veggie Patty</i>   | ½ c Chicken Spaghetti (2oz Chicken and ¼ c Noodles)<br>¼ c <b>Spinach Salad</b> w Italian<br>¼ c <b>Fresh Fruit Salad</b><br>¾ c Milk<br><i>Veg: 1/2 c Cheesy Spaghetti/1 String Cheese</i> | <u><b>Make Your Own Burrito</b></u> 10<br>¼ c Black Beans<br>⅙ c Shredded Monterey Cheese<br>1 6 in <b>WG</b> Tortilla<br>½ c Shredded <b>Romaine</b><br>¼ c <b>Peaches</b><br>¾ c Milk<br><i>Veg: Same</i>                    |
|              | 2 oz Oven Fried Chicken Legs<br>1 oz <b>WG</b> Dinner Roll<br>¼ c Green Beans<br>¼ c <b>Apple Slices</b><br>¾ c Milk<br><i>Veg: 3 Vegetarian Nuggets</i>                                       | <u><b>Make Your Own Taco</b></u> 14<br>¼ c Beef Taco Meat<br>½ c <b>Shredded Lettuce</b><br>2 TBSP Shredded Cheddar Cheese<br>1 oz <b>WG</b> Tortilla<br>¼ c Diced Melon Salad<br>¾ c Milk<br><i>Veg: 3/8 c Black Beans</i> | 4 Cheese Ravioli (2.4 oz)<br>Marinara Sauce<br>¼ c Peas<br>1 oz <b>WG</b> Roll<br>¼ c <b>Pineapple</b><br>¾ c Milk<br><i>Veg: Same</i>  | 2 oz <b>Turkey (4SI)</b><br>1 Slider <b>WG</b> Bread<br>¼ c <b>Broccoli</b> w Italian<br>2 <b>Orange Wedges</b><br>¾ c Milk<br><i>Veg: 2 oz Fresh Mozzarella Cheese</i>                     | ½ c Macaroni & Cheese (2 oz M/MA, ¼ c wg noodles ½ oz)<br>3/8 c Vegetarian Baked Beans<br>½ c Tossed Salad w/ Ranch<br>¼ c <b>Cantaloupe</b><br>¾ c Milk<br><i>Veg: Same</i>   |
|              |   | <u><b>Make Your Own Bowl</b></u> 21<br>¼ c Popcorn Chicken (2oz)<br>¼ c Mashed Potatoes<br>1 oz WG Dinner Roll<br>¼ c Diced <b>Honeydew</b><br>¾ c Milk<br><i>Veg: 3 Vegetarian Nuggets</i>                                 | <u><b>Penne Meatballs</b></u> 22<br>3 Meatballs (1.5 oz) w Marinara Sauce<br>¼ C WG Penne (½ oz)<br>¼ c Spinach w Ranch<br>½ <b>Apple</b><br>¾ c Milk<br><i>Veg: ½ c Penne with Cheese</i>  | ½ c Chicken Curry Casserole<br>1 oz Flatbread<br>¼ c <b>Mixed Vegetables</b><br>¼ c <b>Fresh Fruit Salad</b><br>¾ c Milk<br><i>Veg: Southwest Tofu Scrumble/ ½ c Yogurt</i>                 | <u><b>Make Your Own Pizza</b></u> 24<br>1 oz English Muffin<br>2 oz Shredded Mozzarella Cheese<br>¼ c Marinara Sauce<br>¼ c Parmesan Roasted <b>Broccoli</b><br>2 <b>Orange Wedges</b> (1/4 c)<br>¾ c Milk<br><i>Veg: Same</i> |



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|--|---|--|
| <p style="text-align: right;">27</p> <p>3 CN Chicken Patty Sandwich<br/>w/ Cheddar Cheese<br/>1 oz <b>WG</b> Bun<br/>¼ c <b>Green Beans</b><br/>¼ c <b>Applesauce</b><br/>¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p> | <p style="text-align: right;">28</p> <p>¾ c Cuban Black Bean Rice<br/>(#6 scoop- black beans, #8 scoop- rice)<br/>¼ c Brown Rice<br/>¼ c Field Green Salad w Italian<br/>¼ c Diced <b>Honeydew</b><br/>¾ c Milk</p> <p><i>Veg: Same</i></p> |  |
|--|---|--|

|              | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--------------|--|---|--|---|---|
| <b>LUNCH</b> |  |   | <p><u>Make Your Own Wrap</u> 1</p> <p>1 oz Turkey (2 slices)<br/>1 tbsps Hummus<br/>½ oz Cheddar Cheese<br/>1 <b>WG</b> Flour Tortilla<br/>¼ c <b>Broccoli</b> w/ Ranch<br/>1/8 c <b>Fresh Fruit Salad</b><br/>½ c Milk<br/><i>Veg: ¼ c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p> | <p>2 2 Chicken Tenders w Honey Mustard<br/>1 <b>WG</b> Cornbread<br/>1/8 c <b>Cooked Carrots</b><br/>1/8 c <b>Applesauce</b><br/>½ c Milk<br/><i>Veg: 2 Vegetarian Nuggets</i></p>                                | <p>3</p> <p>¼ c Macaroni &amp; Cheese (2 oz M/MA, ¼ c wg noodles ½ oz)<br/>1 oz String Cheese<br/>1/8 c Peas<br/>1/8 c <b>Fruit Mix cocktail</b><br/>½ c Milk<br/><i>Veg: Same</i></p>  |
|              | <p>6</p> <p>¼ c Beef Vegetable Lomein (1/8 c Stir Fried Asian Vegetables, 1/8 c Beef)<br/>1/8 c Lomein Noodles<br/>1/8 c <b>Mandarin Oranges</b><br/>½ c Milk<br/><i>Veg: ¼ c Vegetable Lomein/1 String Cheese</i></p> | <p>7</p> <p>2 Chicken Nuggets<br/>1 <b>WG</b> Roll (1 oz)<br/>1/8 c <b>Corn</b><br/>1/8 c <b>Pears</b><br/>½ c Milk<br/><i>Veg: 2 Vegetarian Nuggets</i></p>  | <p>8</p> <p>1 oz <b>CN Hamburger Patty w/ Ketchup</b><br/>1 <b>WG Bun</b><br/>1/8 c <b>Steamed Carrots</b> w Ranch<br/>1/8 c <b>Tropical Fruit Salad</b><br/>½ c Milk<br/><i>Veg: 1 Veggie Patty</i></p>   | <p>9</p> <p>¼ c Chicken Spaghetti (1oz Chicken and ¼ c Noodles)<br/>1/8 c <b>Steamed Spinach</b> w Italian<br/>1/8 c <b>Fresh Fruit Salad</b><br/>½ c Milk<br/><i>Veg: ¼ Cheesy Spaghetti/1 String Cheese</i></p> | <p>10</p> <p><u>Make Your Own Burrito:</u><br/>1/8 c Black Beans<br/>⅓ c Shredded Monterey Cheese<br/>1 6 in <b>WG</b> Tortilla<br/>1/8 c Shredded <b>Romaine</b><br/>1/8 c <b>Peaches</b><br/>½ c Milk<br/><i>Veg: Same</i></p>                |
|              | <p>13</p> <p>4 CN Chicken Nuggets<br/>1 oz <b>WG</b> Dinner Roll<br/>¼ c Green Beans<br/>¼ c <b>Applesauce</b><br/>¾ c Milk<br/><i>Veg: 3 Vegetarian Nuggets</i></p>   | <p>14</p> <p><u>Make Your Own Taco</u><br/>¼ c Beef Taco Meat<br/>1/8 c <b>Shredded Lettuce</b><br/>1 TBSP Shredded Cheddar Cheese<br/>1 oz <b>WG</b> Tortilla<br/>1/8 c Diced Melon Salad<br/>½ c Milk<br/><i>Veg: ¼ c Black Beans</i></p> | <p>15</p> <p>3 Cheese Ravioli w Marinara Sauce<br/>1/8 c Peas<br/>1 oz <b>WG</b> Roll<br/>1/8 c <b>Pineapple</b><br/>½ c Milk<br/><i>Veg: Same</i></p>   | <p>15</p> <p>2 oz <b>Turkey (4 Sl)</b><br/>1 Slider <b>WG</b> Bread<br/>1/8 c Steamed <b>Broccoli</b> w Italian<br/>1/8 c <b>Mandarin Oranges</b><br/>¾ c Milk<br/><i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>   | <p>17</p> <p>¼ c Macaroni &amp; Cheese (2 oz M/MA, ¼ c wg noodles ½ oz)<br/>3/8 c Vegetarian Baked Bean<br/>1/8 c Cooked Cauliflower<br/>1/8 c Diced <b>Cantaloupe</b><br/>½ c Milk<br/><i>Veg: Same</i></p>                                    |
|              | <p>20</p>  <p><b>Presidents Day</b></p>   | <p>21</p> <p><u>Make Your Own Bowl</u><br/>¼ c Popcorn Chicken (2oz)<br/>¼ c Mashed Potatoes<br/>1 oz <b>WG</b> Dinner Roll<br/>¼ c Diced <b>Honeydew</b><br/>¾ c Milk<br/><i>Veg: 2 Vegetarian Nuggets</i></p>                             | <p>22</p> <p><u>Penne Meatballs</u><br/>2 Meatballs (1.5 oz) &amp; w marinara Sauce<br/>1/8 c G Penne Pasta<br/>1/8 c Steamed Spinach w Ranch<br/>1/8 c <b>Applesauce</b><br/>½ c Milk<br/><i>Veg: ¼ c Penne with Cheese</i></p>   | <p>23</p> <p>¼ c Chicken Curry Casserole<br/>1 oz Flatbread<br/>1/8 c <b>Fresh Vegetables</b><br/>1/8 c <b>Fresh Fruit Salad</b><br/>½ c Milk<br/><i>Veg: Southwest Tofu Scrumble</i></p>                         | <p>24</p> <p><u>Make Your Own Pizza</u><br/>1 oz English Muffin<br/>1 oz Shredded Mozzarella Cheese<br/>1/8 c Marinara Sauce<br/>1/8 c Parmesan Roasted <b>Broccoli</b><br/>1/8 c <b>Mandarin Oranges</b><br/>½ c Milk<br/><i>Veg: Same</i></p> |
|              | <p>27</p> <p>2 CN Chicken Patty Sandwich w/ Cheddar Cheese<br/>1 oz <b>WG</b> Bun<br/>1/8 c <b>Green Beans</b><br/>1/8 c <b>Applesauce</b><br/>½ c Milk<br/><i>Veg: 2 Vegetarian Nuggets</i></p>                       | <p>28</p> <p>¼ c Cuban Black Bean Rice (#6 scoop- black beans, #8 scoop- rice)<br/>¼ c Brown Rice<br/>1/8 c Steamed Baby Carrots w Italian<br/>1/8 c Diced <b>Honeydew</b><br/>½ c Milk<br/><i>Veg: Same</i></p>                            |  |   |   |