### Pre-K Express 2020

**DeKalb County School District**

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

<table>
<thead>
<tr>
<th>Monday, February 3</th>
<th>Tuesday, February 4</th>
<th>Wed., February 5</th>
<th>Thurs., February 6</th>
<th>Friday, February 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Sausage Biscuit</td>
<td>Raspberry Yogurt With Granola</td>
<td>Frosted Mini Wheats with Texas Toast</td>
<td>Toasted Croissant Apple Juice Unflavored Milk</td>
<td>Pancake N’ Link Mandarin Oranges Unflavored Milk</td>
</tr>
<tr>
<td>Orange Tangerine Juice</td>
<td>Fruit Punch Juice</td>
<td>Strawberry Kiwi Juice Unflavored Milk</td>
<td>Apple Juice Unflavored Milk</td>
<td>Mandarin Oranges Unflavored Milk</td>
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<tr>
<td>Unflavored Milk</td>
<td>Unflavored Milk</td>
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### YOU’VE GOT TO LOVE IT!

You’ve got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

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**AND ONLY!**

In a standard deck of playing cards, the King of Hearts is the ONLY King with a moustache. Happy Valentine’s Day!

<table>
<thead>
<tr>
<th>Monday, February 10</th>
<th>Tuesday, February 11</th>
<th>Wed., February 12</th>
<th>Thurs., February 13</th>
<th>Friday, February 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country Chicken Biscuit</td>
<td>French Toast Sticks</td>
<td>Assorted Cereal with Texas Toast V</td>
<td>Toasted Croissant Apple Juice</td>
<td>Raspberry Yogurt with Homemade Blueberry Muffin Bread</td>
</tr>
<tr>
<td>Orange Tangerine</td>
<td>Fruit Punch</td>
<td>Strawberry Kiwi Juice Unflavored Milk</td>
<td>Juice Unflavored Milk</td>
<td>Mandarin Oranges Unflavored Milk</td>
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<tr>
<td>Unflavored Milk</td>
<td>Unflavored Milk</td>
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</tbody>
</table>
### Breakfast

- **Monday, February 17**
  - Raspberry Yogurt With Granola
  - Fruit Punch Juice
  - Unflavored Milk
- **Tuesday, February 18**
  - Frosted Mini Wheats with Texas Toast
  - Strawberry Kiwi Juice
  - Unflavored Milk
- **Wed., February 19**
  - Toasted Croissant
  - Apple Juice
  - Unflavored Milk
- **Thurs., February 20**
  - Pancake N’ Link
  - Mandarin Oranges
  - Unflavored Milk
- **Friday, February 21**
  - Raspberry Yogurt With Homemade Blueberry Muffin Bread
  - Assorted Juice
  - Unflavored Milk

### Lunch

- **Monday, February 24**
  - Country Chicken Biscuit
  - Fruit Cocktail
  - Unflavored Milk
- **Tuesday, February 25**
  - French Toast Sticks
  - Fruit Punch
  - Unflavored Milk
- **Wed., February 26**
  - Assorted Cereal with Texas Toast V
  - Strawberry Kiwi Juice
  - Unflavored Milk
- **Thurs., February 27**
  - Toasted Croissant with Jelly
  - Chilled Peaches
  - Unflavored Milk
- **Friday, February 28**
  - Raspberry Yogurt with Homemade Blueberry Muffin Bread
  - Assorted Juice
  - Unflavored Milk

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**What Other Presidents Have a B-Day This Month?**

Other than George Washington and Abraham Lincoln, two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!

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There was no full moon in the entire month of February. That can only happen in the month that has just 28 days!