

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School Information:</p> <ul style="list-style-type: none"> • Kahlotus School is an equal opportunity provider. • Milk is served with every meal. 		<p>1</p> <p>Meat Loaf Mashed potatoes and Gravy Whole Kernel Corn Salad Bar</p>	<p>2</p> <p>Deli Sandwich Chips Salad Bar Cookie</p>	<p>3</p> <p>Tater Tot Casserole Buttered Carrots Salad Bar Pudding</p>
<p>6</p> <p>Grilled Cheese Sandwich Soup & Crackers Salad Bar Brownie</p>	<p>7</p> <p>Sloppy Joe French Fries Salad Bar Fruit</p>	<p>8</p> <p>Chicken Pattie Mashed Potatoes & Gravy Green Beans Salad Bar</p>	<p>9</p> <p>Chicken Enchilada Chips Fruit Salad Bar</p>	<p>10</p> <p>Pizza Salad Bar Cake Fruit</p>
<p>13</p> <p>Chicken Parmesan Buttered Potatoes Carrots Salad Bar</p>	<p>14</p> <p>Chicken Nuggets French Fries Fruit Salad Bar Cookie</p>	<p>15</p> <p>Tuna salad sandwich Chips Salad Bar Cake</p>	<p>16</p> <p>Hamburger French Fries Salad Bar Pudding</p>	<p>17</p> <p>Tamale Pie Salad Bar Fruit Cake</p>
<p>20</p> <p><u><i>President's Day!</i></u></p> <p><u><i>School Closed!</i></u></p>	<p>21</p> <p>Homemade Chili Corn Muffin Cinnamon Roll Salad Bar</p>	<p>22</p> <p>Chicken Sandwich Soup Salad Bar Cookie</p>	<p>23</p> <p>Hot Dog Baked Beans Chips Salad Bar</p>	<p>24</p> <p>Taco Soup Tortilla Chips with Salsa Salad Bar Cookie</p>
<p>27</p> <p>Stromboli Tater Tots Salad Bar Fruit</p>	<p>28</p> <p>Baked Potato with Toppings Salad Bar Cake Fruit</p>	<p>29</p> <p>Pizza Salad Bar Cake Fruit</p>		

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.

- **REMINDER:**
- **No hats are to be worn in the lunch room.**
- **No cell phones are to be used while waiting to be served.**
- Don't forget! PLEASE and THANK YOU are manners expected to be used.