


# FEBRUARY



## THIS MONTH'S THEME: EAT THE RAINBOW!

Fruits and Vegetables come in all kinds of shapes sizes and colors. Sometimes the same foods can come in different colors, like mini and bell peppers and cauliflower. This month we're featuring a variety of different colors in our snack packs. Try having students name the colors of the foods they're eating or point out other things around them that are the same color.

It's also National Grapefruit Month. This tropical fruit is sweet and tangy and full of energizing vitamins!

This week's specialty options	MON	TUE	WED	THU	FRI
Papaya Chunks, 2 oz Mini Sweet Peppers, 2 oz	31	1	 2	3	 4
Watermelon, 2 oz Golden Beet Coins, 2 oz	7	 8	9	 10	11
Grapefruit Wedge, 4 oz Rainbow Cauliflower, 2 oz	Valentines Day  14	15	 16	National Cabbage Day  17	 18
Kiwi Slices, 2 oz Tri Colored Bell Peppers , 2 oz	Presidents Day  21	 22	23	 24	25
	28	1	2	3	4