

# FEBRUARY



## WELLS VILLAGE SCHOOL 2012 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Ham, Egg Cheese Muffin Fruit / Juice / Milk	Cold / Hot Cereal Fruit / Juice / Milk	Granola Bar / Cheese Cubes Juice / Milk	Yogurt / Toast Juice / Milk	French Toast / Fruit Juice / Milk
<b>NATIONAL HOT BREAKFAST MONTH</b> 	<b>NATIONAL POTATO MONTH</b> 	<b>1</b> Corn Chowder 1/2 Turkey Sandwich Or PBJ Sandwich Pudding / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Baked Alaska Day</b>	<b>2</b> Sponge Bob (under the sea) Noodles Peas Or Turkey Sandwich Apple Crisp / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Heavenly Hash Day</b>	<b>3</b> Chicken & Cheese Fajita Wrap Rice / Green Beans Or Turkey Sandwich Jello / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Carrot Cake Day</b>
<b>6</b> Cheese Pizza Salad Bar Or Ham Sandwich Fruit Cocktail / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Frozen Yogurt Day</b>	<b>7</b> Baked Chicken / Rice Pilaf Carrots Or Ham Sandwich Fruit / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Send a Card to a Friend Day</b>	<b>8</b> Grilled Cheese Sandwich Tomato Soup / Crackers Or Ham Sandwich Pear / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Laugh and Grow Rich Day</b>	<b>9</b> Taco Salad Salad Bar Or Ham Sandwich Apple 1-Crust Pie / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Toothache Day</b>	<b>10</b> Scalloped Potatoes & Ham Peas Or PBJ Sandwich Zucchini Bread / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Nat'l Cream Cheese Brownie Day</b>
<b>13</b> Macaroni Salad Hot Dogs Or PBJ Sandwich Melon / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Tortini Day</b>	<b>14</b> Italian Dunkers Salad Bar Or PBJ Sandwich Red Jello / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Nat'l Cream Filled Chocolate Day</b> 	<b>15</b> French Toast Turkey Sausage / Veggie Sticks Or PBJ Sandwich Orange Smiles / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Gumdrop Day</b>	<b>16</b> Chicken Tortilla Soup Veggie Sticks / Bread Apple / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Almond Day</b>	<b>17</b> Baked Potato Bar w/ Toppings Salad Bar Or PBJ Sandwich Fruit Salad / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Cabbage Day</b>
<b>20</b> <b>NO SCHOOL</b>  <b>National Cherry Pie Day</b>	<b>21</b> <b>NO SCHOOL</b>  <b>National Sticky Bun Day</b>	<b>22</b> <b>NO SCHOOL</b>  <b>George Washington's Birthday</b>	<b>23</b> <b>NO SCHOOL</b>  <b>National Banana Bread Day</b>	<b>24</b> <b>NO SCHOOL</b>  <b>National Tortilla Chip Day</b>
<b>27</b> Cheese Calzones Green Beans Or PBJ Sandwich Fruit / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Strawberry Day</b>	<b>28</b> Meatball Subs Peas Or PBJ Sandwich Banana / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>National Chili Day</b>	<b>29</b> Turkey & Cheese Panini Cream of Chicken Soup Salad Bar Or PBJ Sandwich Pear Dessert / Milk <b>Snack:</b> Fresh Fruit or Veggie  <b>Surf &amp; Turf Day</b>	<b>Breakfast - \$1.00</b> <b>Snack - Free</b> <b>Lunch - \$1.75</b> <b>Milk/Juice - \$.35</b>	<b>Snack: Choice of fruit or vegetable is FREE to all students due to the Fresh Fruit and Vegetables Grant.</b>  <b>All vegetable snacks are served with a dip.</b>

## Winter Safety Tips



### Ice Skating Safety

- Never assume the ice is safe.
- The only safe ice is at a rink.
- Never skate on an untested lake or pond.
- The ice should have minimum of at least [6] inches.
- Never skate alone.
- Only skate during the day or if an area is illuminated.
- Know the body of water, nearby street, and where the nearest location is to go for help.
- Never use ice for a shortcut.
- Never go out onto the ice after an animal or toy.

### In Case of Accident

#### Call 911

- Do not attempt to rescue the victim.
- If the ice could not support their weight, it will not support your weight.
- Try to calm and reassure the victim and have them stay afloat.
- Also, wait for emergency responders to bring them to the exact location of the victim.
- If with a responsible adult, have the adult return to try and assist the victim from shore.
- Provide victim with something to help them stay afloat such as plastic milk or soda bottles, or a spare tire.
- If the victim is stable and afloat try to send something to reach and retrieve victim such as a rope, extension cord, ladder, branch, boat or tying clothes together.
- If victim is retrieved to shore, take steps to keep victim warm [change clothes, wrap in blanket etc] until rescue personnel arrive.

## Patriotic Parfait

Honor the Presidents of our country with a patriotic parfait. Pick up strawberry Jell-O, blueberries and cool whip at the grocery store. And celebrate the Presidents with your kids. Have a prize for the kid that knows the most about our countries great leaders.



**Prep Time:** 10 minutes

**Chill Time:** 6 hours

### Ingredients

- 1 4-oz. package red, flavored instant gelatin (such as cherry or strawberry Jell-O)
- 40 blueberries
- 1 tub of cool whip

Make Jell-O as directed, chill for at least 4 hours. Spoon 1/4 cup Jell-O into each glass. Then spoon in 1/4 cup cool whip over Jell-O and smooth tops. Slowly spoon 1/4 cup Jell-O over cool whip in each cup (you will use up Jell-O) and chill until firm, 2 hour. Top with final layer of cool whip. Divide blueberries among parfaits and serve.



**"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."  
- Don Halley**

## Groundhog Quiz

Another name for a groundhog is \_\_\_\_.

- a. a woodchuck
- b. a squirrel
- c. a fox

Groundhog Day is February \_\_\_\_.

- a. 14th
- b. 2nd
- c. 22<sup>nd</sup>

The groundhog pops up out of its \_\_\_\_.

- a. hole
- b. nest
- c. lair

The groundhog is looking for its \_\_\_\_.

- a. mother
- b. friend
- c. shadow

If the sun is shining, it will \_\_\_\_ its hole.

- a. go back into
- b. stay out of
- c. run around

If it doesn't see its shadow, \_\_\_\_.

- a. there will be six more weeks of cold weather
- b. spring will come early this year
- c. it will rain for the next two weeks

(a, b, a c, a, b)



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