



Menu for Feb. 2023

Fort Bragg Schools

Ingredients

- 1 cup boiling water
- 1 box (4-serving size) wild strawberry-flavored gelatin
- 2/3 cup Yoplait® 99% Fat Free creamy strawberry or creamy vanilla yogurt (from 2-lb container)
- 3 cups Kix® cereal
- 1/4 cup butter or margarine, melted
- 1 1/2 cups sliced fresh strawberries
- 9 fresh strawberries, sliced into fans

Steps

- 1-In medium bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in yogurt until melted and smooth. Cover; refrigerate about 1 hour 30 minutes or until thickened but not set.
- 2-Meanwhile, heat oven to 350°F. Place cereal in food-storage plastic bag; crush with rolling pin to make 1 cup. In small bowl, stir cereal and butter until well mixed. Press mixture firmly in bottom of ungreased 8-inch square pan. Bake 10 minutes or until crust is light golden brown. Set aside to cool.
- 3-Beat gelatin mixture with electric mixer on high speed 7 to 8 minutes or until doubled in volume. Fold in sliced strawberries; pour over crust. Cover; refrigerate about 1 hour or until firm.
- 4-To serve, cut dessert into squares. Garnish each serving with strawberry fan.

February 2, Groundhog Day
February 14, Valentine's Day
February 20, Presidents Day

CHEF SALADS OFFERED DAILY

Choice of milk offered daily. Choc. 1%, Low Fat, 1%,

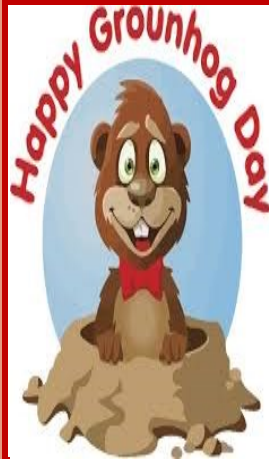
Low Fat, & Strawberry 1% Low Fat

Menu subject to change according to availability

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CONTACT US AT Bragg.sfs@dodea.edu

MONDAY



TUESDAY



WEDNESDAY FEB. 1

Yogurt w/ Granola & Peaches
 OR
 Fruit Loops
 Toast w/ Margarine
 Apple Juice
 Banana

LUNCH
 Macaroni & Cheese w/
 Ham
 OR
 Cheeseburger
 Waffle Fries
 Romaine w/ Pickles
 & Tomatoes
 Applesauce Cup
 Banana

THURSDAY FEB. 2

Honey Bun
 OR
 Cocoa Puffs
 Graham Crackers
 Grape Juice
 Applesauce Cup

LUNCH
 Lasagna w/ Garlic Bread
 OR
 Hot Turkey Ham &
 Cheese
 Steamed Broccoli
 Savory Green Beans
 Fruited Jell-O w/Peaches
 Fresh Grapes

FRIDAY FEB. 3

Turkey Sausage
 Breakfast Pizza
 OR
 Corn Pops
 Graham Crackers
 Assorted Juice
 Orange Wedges

LUNCH
 Chili Cheese Hotdog
 OR
 Fishwich
 Curly Fries
 Baked Beans
 Coleslaw
 Applesauce Cup

MONDAY FEB. 6

Strawberry Pop Tart
 OR
 Fruit Loops
 Graham Crackers
 Orange Juice
 Fresh Apples

LUNCH
 Pepperoni Pizza
 OR
 Sloppy Joe
 Steamed Broccoli
 Seasoned Corn
 Sliced Peaches
 Applesauce Cup

TUESDAY FEB. 7

Pancake & Sausage
 Stick
 OR
 Frosted Flakes
 Toast w/ Margarine
 Grape Juice
 Applesauce Cup

LUNCH
 Tacos / 2 each
 OR
 Corn dog
 Refried Beans
 Romaine & Diced Tomato
 Orange Wedges
 Sliced Apples

WEDNESDAY FEB. 8

Scrambled Eggs w/
 Cheese & Toast
 Sausage Pattie
 OR
 Lucky Charms
 Toast w/ Margarine
 Orange Juice
 Fresh Grapes

LUNCH
 Spaghetti & Meat sauce
 w/ Garlic Bread
 OR
 Meatball Sub
 Tossed Salad
 Steamed Carrots
 Banana
 Applesauce Cup

THURSDAY FEB. 9

Yogurt w/ Granola &
 Peaches
 OR
 Fruit Loops
 Toast w/ Margarine
 Apple Juice
 Banana

LUNCH
 Turkey & Pastry
 Roll
 OR
 Sausage Cheddar Dog
 Savory Green Beans
 Baked Beans
 Orange Wedges
 Fruited Jell-O w/ Mixed
 Fruit

FRIDAY FEB. 10

Toasted Turkey & Cheese
 OR
 Lucky Charms
 Graham Crackers
 Orange Juice
 Fresh Apple

LUNCH
 Cheeseburger
 OR
 Fish Sticks
 Hushpuppies
 Curly Fries
 Romaine w/ Pickles
 Coleslaw
 Applesauce Cup

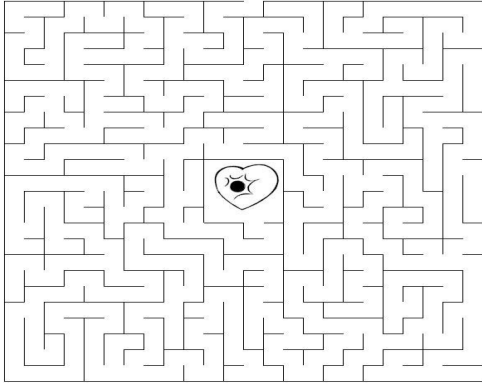
February Facts!

H	S	A	R	G	I	D	R	A	M	S	D	Y	T
S	I	S	E	D	M	A	R	Y	Y	E	L	A	A
H	N	O	T	G	N	I	H	S	A	W	A	D	S
R	H	W	I	N	T	E	R	R	D	P	V	S	H
O	P	I	S	C	E	S	R	E	M	D	I	T	W
V	S	U	I	R	A	U	Q	A	O	N	N	N	E
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Y	N	A	Y	N	A	I	R	O	G	E	R	G	I

AMETHYST
SPRING
JULIAN
MARDI GRAS
SHROVE TUESDAY
LENTEN FAST
FREEDOM DAY
ASH WEDNESDAY
PISCES
PRESIDENT'S DAY
GREGORIAN
WINTER
AQUARIUS
WASHINGTON
CARNIVAL
PRIMROSE
MARY
LEAP YEAR
VIOLET

Play this puzzle online at : <https://thewordsearch.com/puzzle/1896591/>

Valentine's Day maze



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MONDAY FEB. 13

*Fruit Danish
OR
Cocoa Puffs
Graham Crackers
Orange Juice
Peach Cup*

LUNCH
*Cheese Pizza
OR
Chicken Fritters
Steamed Carrots
Seasoned Corn
Applesauce Cup
Pineapple Bits*

TUESDAY FEB. 14

*Pancake & Sausage Stick
OR
Trix
Graham Crackers
Grape Juice
Applesauce Cup*

LUNCH
*Tacos / 2 each
OR
Classic Chicken Sandwich
Refried Beans
Romaine w/ Diced Tomato
Sliced Apples
Orange Wedges*



WEDNESDAY FEB. 15

*Scrambled Eggs w/
Cheese / Sausage Pattie
OR
Fruit Loops
Toast w/ Margarine
Orange Juice
Fresh Apple*

LUNCH
*Macaroni & Cheese w/
Ham
OR
Hot Turkey Ham &
Cheese
Steamed Broccoli
Tossed Salad
Fresh Grapes
Applesauce Cup*

THURSDAY FEB. 16

*Sausage Gravy Biscuit
Hashbrown
OR
Corn Pops
Graham Crackers
Apple Juice
Banana*

LUNCH
*Beef Steak w / Gravy
Roll
OR
Cheddar Sausage Dog
Mashed Potatoes
Baked Beans
Fruited Jell-O w/ Mixed
Fruit
Banana*

FRIDAY FEB. 17

*Honey Bun
OR
Lucky Charms
Graham Crackers
Assorted Juice
Fresh Apple*

LUNCH
*Cheeseburger
OR
Fishwich
Curly Fries
Romaine w/ Pickles
Savory Green Beans
Coleslaw
Applesauce Cup*

MONDAY FEB. 20

NO SCHOOL



PRESIDENTS DAY

TUESDAY FEB. 21

NO SCHOOL



WEDNESDAY FEB. 22

*Strawberry Pop Tart
OR
Fruit Loops
Graham Crackers
Orange Juice
Fresh Apples*

LUNCH
*Pepperoni Pizza
OR
Sloppy Joe
Steamed Broccoli
Seasoned Corn
Sliced Peaches
Applesauce Cup*

THURSDAY FEB. 23

*Yogurt w/ Granola
& Peaches
OR
Cocoa Puffs
Graham Crackers
Apple Juice
Banana
LUNCH
Cheeseburger
OR
Nachos w/ Meat &
Cheese
Seasoned Fries
Romaine & Sliced Tomato
Savory Green Beans
Fruited Jell-O w/ Mixed
Fruit
Sliced Apples*

FRIDAY FEB. 24

*Turkey Sausage
Breakfast Pizza
OR
Corn Pops
Graham Crackers
Assorted Juice
Orange Wedges*

LUNCH
*Chili Cheese Hotdog
OR
Fishwich
Curly Fries
Baked Beans
Coleslaw
Applesauce Cup*

MONDAY FEB. 27

*Blueberry Pop Tart
OR
Fruit Loops
Graham Crackers
Orange Juice
Applesauce Cup*

LUNCH
*Pepperoni Pizza
OR
Chicken Fritters
Steamed Carrots
Seasoned Corn
Pineapple Bits
Sliced Apples*

TUESDAY FEB. 28

*Pancake & Sausage Stick
OR
Frosted Flakes
Toast w/ Margarine
Grape Juice
Orange Wedges*

LUNCH
*Tacos / 2 each
OR
Corn dog
Refried Beans
Romaine & Diced Tomato
Orange Wedges
Applesauce Cups*



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