



February 2018

Dos Rios School

Mrs. Dowling-Garrott, Principal

School Office (623) 474-7000

Attendance (623) 474-7005

Cafeteria (623) 477-7033



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | | | 1. | 2. |
|  <p>Groundhog Day February 2</p> | <p>Happy February Feb 2nd is Groundhog Day. <i>Will Punxsutawney Phil see his shadow and give us 6 more weeks of Winter or is Spring coming soon?</i></p> | | PBJ Graham Apple Juice Strawberry Applesauce BBQ Rib Sandwich Tater Tots Fruit & Veggie Bar | Maple Pancakes Orange Juice Mixed Fruit Bowl Groundhog Dog Shadow Fries Mix Veg Cup Fresh Fruit |
| 5. Science Fair | 6. | 7. | 8. | 9. |
| Banana Bread Sliced Apples Fruit Juice | Pancake Stick Grape Juice Cinn Applesauce | No School | Apple Brkfst Bar Orange Juice Mixed Fruit Bowl | Egg & Cheese Bun Apple Juice Cherry Craisins |
| PBJ Sack Lunch | Baked Chicken Buttered Veggies Mashed Potatoes Fruit & Veggie Bar | Staff In-Service No School | California Burger French Fries Fruit & Veggie Bar | Cheese Nacho Refried Beans Fresh Veggies Mix Fruit |
| 12. | 13. Mardi Gras | 14. Valentine's Day | 15. | 16. |
| Honey Bun Grape Juice Applesauce Cup | Choc Donut Cheese Stick CranRasp Juice Sliced Apples | Cinn Mini Bagel Fresh Grapes Apple Juice | Banana Chunk Bar Raisins- chewy fun Orange Juice | Cinn French Toast Fruit Juice Cinn Applesauce |
| Sloppy Jo French Fries Fruit & Veggie Bar | Cajun Jambalaya Green Beans Mardi Gras Cookie Fruit & Veggie Bar | Lady&Tramp Pasta Cupid's Arrows Valentine Treat Fruit & Veggie Bar | Beef Meatloaf Carrot Slices Mashed Potatoes Fruit & Veggie Bar | Pepperoni Pizza Green Salad Mix Mix Veg Cup Chilled Fruit |
| 19. | 20. | 21. Early Release | 22. | 23. |
| HOLIDAY- No School | Cinn French Toast Apple Juice Grapes | Cherry Frudel CranRasp Juice Sliced Apples | Muffin with Cheese Berry Applesauce Orange Juice | Breakfast Wrap Fruit Juice Chewy Craisins |
|  | Chicken Nuggets Tater Tots Fruit & Veggie Bar | PBJ Sack Lunch | Cheese Crisp Ranch Beans Fruit & Veggie Bar | Hamburger French Fries Lettuce & Pickle Fresh Fruit |
| 26. | 27. | 28. | | |
| Cinni Mini Cherry Applesauce Fruit Juice | Chorizo Burrito Cherry Applesauce Fresh Fruit | Coffee Cake Grape Juice Sliced Apples | <p><i>Substitute menus are sometimes necessary.</i></p> |  <p><i>We offer 1% white and non-fat flavored milks at meal service.</i></p> |
| Mini Corn Dogs Twisted Fries Fruit & Veggie Bar | Teriyaki Chicken Asian Vegetables Fruit & Veggie Bar | Hard Beef Taco Spicy Pinto Beans Fruit & Veggie Bar | | |

"This institution is an equal opportunity provider and employer."

I love February in Arizona, we have gorgeous weather with lots of activities to do outside. I remember when my dad use to take me fishing most Saturdays in February. I was always a wimp about baiting my hook, poor worm. We had the best time being outside together, talking about everything and making up silly songs. I'm sure that I spent as much time running around as I did sitting there quietly waiting for a fish. I miss those days. Now I see my nephews taking their daughters fishing, they learned from their Grandpa.

Arizona has a birthday on Valentine's Day, we have a 3 day President's weekend. Mardi Gras for a New Orleans style celebration, we are making Jambalaya, a spicy rice dish. I hope that you like our lunch menu this month

Stay safe, healthy, have fun and read a book in your spare time.



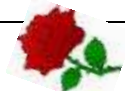
One of my favorite things to eat right now are the small oranges. I see them labeled as tangerines, mandarin oranges, Cutie's, Clementine's, all kind of cute names. They are perfect size for snacking, packing in my lunch. I see my 2 little niece's eat them a couple times a day. I even like the canned mandarin orange slices, they are delicious in a spinach salad.

I decided to do some research about these sweet little treats of juicy goodness. 100's of years ago in parts of China, India, Philippine's grew wild citrus trees. In the early 1700's a small fruit made its way to the marketplace in Tangiers, the fruit became known as the Tangerine Orange. The fruit didn't become popular until the 1800's when ship's carrying the fruit made it back to England. The tangerine started being called Mandarin because of the orange colored robes the Chinese public officials. From England the fruit made it to Italy and Greece.

In 1850 the Italian Ambassador to US brought a live tangerine tree to New Orleans. From there more trees were grown and eventually made it to Florida and California. Here we are 160 years later eating these small oranges on a daily basis.

I found a bit of orange trivia, mandarins are an important fruit used during the Chinese New Year. The mandarin orange symbolizes good fortune and long life in China because they are sweet and abundant. Due to its bright orange color, it is used in the ceremony to symbolize the sun and to represent the fresh start of a new year. Happy eating.

Arizona Trivia- Did you know?



Tombstone Arizona is home to the world's largest rose bush. The trunk is almost 6ft tall and the rosebush covers 8000 feet. History says that in 1887 a Scottish immigrant planted a rosebush cutting, behind the boarding house she owned. In 1930's the rosebush was named the world's largest.

Lake Havasu City is home to the London Bridge. In 1831 a bridge was built spanning the river Thames in London. In 1960's it was deemed unsafe for cars to safely travel over. A land developer bought the bridge, had it taken apart with each brick numbered. Everything was shipped to Texas then to the empty desert. The bridge was steel enforced and put back together. Now it's a travel destination in Lake Havasu City, completed in 1971.

My favorite Arizona story is Hi-Jolly and the camels. US Army had problems with pack mules and horses going across the desert. There was very little water available from California over to Texas. In 1855 we bought 33 camels from Middle East, and a few men to help take care of them. Hi Jolly was the most written about camel driver. The camels did a good job packing equipment and moving military personnel. The US Army Camel Corps stopped a few years later during the Civil War. The camel were sold to mining companies or just turn loose to roam wild. The last wild camel was seen in 1942. Hi Jolly lived at Quartzsite AZ for the remainder of his lifetime, he died in 1902.

