



February 2019

Dos Rios School




Mr. Jonathon Stewart, Principal

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Attendance (623) 474-7005

Cafeteria (623) 477-7033



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>We offer 1% white and non-fat flavored milks at meal service</i></p>		 <p>February 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>		<p>1.</p> <p>Mini Maple Waffles Grape Juice Mandarin Oranges</p> <p>Hot Dog Baked Beans Broccoli Cup Mixed Fruit</p>
4.	5.	6. Early Dismissal	7.	8.
Fruit Brkfst Bar Fruit Juice Sliced Apples	Banana Bread Apple Juice Peach Cup	Pizza Bagel Grape Juice Chewy Craisins	Blubrry Crumb Cake CranRasp Juice Fresh Grapes	French Toast Orange Juice Cinn Applesauce
Hamburger French Fry Fruit & Veggie Bar	Beefy Chili Cheesy Cornbread Fruit & Veggie Bar	Deli Sub Tater Tots Fruit & Veggie Bar	Chicken Burrito Spicy Pinto Beans Fruit & Veggie Bar	Pepperoni Pizza Green Salad Fresh Veggies Mixed Fruit
11.	12.	13.	14. Happy Birthday AZ	15.
Maple Brkfst Bar Apple Juice Cherry Craisins	Mini Bagel Sliced Apples Grape Juice	In-Service Day	Raspberry Yogurt Scooby Grahams Orange Juice Fresh Grapes	Blueberry Pancake CranRasp Juice Cinn Applesauce
Beef Meatloaf Mashed Potatoes Fruit & Veggie Bar	Chicken Fajita w/ Tortilla Spicy Pinto Beans Fruit & Veggie Bar	NO SCHOOL	Lady&Tramp Pasta Cupid's Arrows Valentine Treat Fruit & Veggie Bar	BBQ Sandwich Corn on Cob Creamy Coleslaw Fresh Fruit
18.	19.	20. Early Dismissal	21.	22.
No School- Holiday	Blueberry Muffin Cheese Stick Fruit Juice Sliced Apples	Oatmeal Brkfst Bar CranRasp Juice Fresh Grapes	Bagel w/CrmCheese Apple Juice Pear Fruit Bowl	Pancake Stick Orange Juice Chewy Craisins
	Beef Taco Refried Beans Fruit & Veggie Bar	Mac & Cheese Steamed Broccoli Fruit & Veggie Bar	Teriyaki Chicken Stir Fry Vegetable Fruit & Veggie Bar	Bean Burrito Chuckwagon Corn Lettuce & Salsa Fruit & Churro
25.	26.	27. Early Dismissal	28	
Crunchmania Fruit Juice Mixed Fruit Bowl	Egg Cheese Wrap Apple Juice Cherry Craisins	Fruit Frudel CranRasp Juice Fresh Grapes	Choc. Donut Cheese Stick Orange Juice Sliced Apples	AZ Birthday Trivia
Chicken Sandwich Tater Tot Fruit & Veggie Bar	Cheese Nachos Refried Beans Fruit & Veggie Bar	Pepperoni Pizza Green Salad Fresh Veggies Mixed Fruit	Baked Chicken Mashed Potatoes Fruit & Veggie Bar	Did you know that Arizona use to have camels living in the desert? Check out the back of the menu

Substitute menus are sometimes necessary.

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. 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.



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