**CNMI Public School System Child Nutrition Program**

**FEBRUARY 2021**

- **Breakfast**
  - Monday, February 1
    - Assorted Cereal
    - Tropical Storm Fried Rice
    - Sausage and Egg Scramble with Rice
    - Banana Bread
  - Tuesday, February 2
    - Assorted Cereal
    - Tropical Storm Fried Rice
    - Sausage and Egg Scramble with Rice
    - Banana Bread
  - Wednesday, February 3
    - Assorted Cereal
    - Tropical Storm Fried Rice
    - Sausage and Egg Scramble with Rice
    - Banana Bread
  - Thursday, February 4
    - Assorted Cereal
    - Tropical Storm Fried Rice
    - Sausage and Egg Scramble with Rice
    - Banana Bread
  - Friday, February 5
    - Assorted Cereal
    - Tropical Storm Fried Rice
    - Sausage and Egg Scramble with Rice
    - Banana Bread

- **Lunch**
  - Monday, February 1
    - Chicken Adobo with Rice
    - Cheese Pizza
    - Beef Steak with Peas and Onions
    - Turkey, Ham, and Cheese Sandwich
  - Tuesday, February 2
    - Potato Wedges
    - Veggie Sticks and Dip
    - Red Rice
    - Japanese Salad
  - Wednesday, February 3
    - Carrots and Peas
    - Beans
    - Broccoli
    - Cucumber, Bell Pepper
  - Thursday, February 4
    - Fruit
    - Fruit
    - Fruit
    - Fruit
  - Friday, February 5
    - Fruit
    - Fruit
    - Fruit
    - Fruit

- **Breakfast**
  - Assorted Cereal
  - Tropical Storm Fried Rice
  - Sausage and Egg Scramble with Rice
  - Banana Bread

- **Lunch**
  - Chicken Adobo with Rice
  - Cheese Pizza
  - Beef Steak with Peas and Onions
  - Turkey, Ham, and Cheese Sandwich

- **Fruit**

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**Please cash the check!**

Did you cash a stimulus check during the last year? Most folks did. Since March 2020, a number of steps have been taken to try to cushion the effect the pandemic has had on a lot of our families and our economy in general. But another “stimulus check” was issued to all of us that some have NOT cashed: no-charge School Meals for public school kids up to the age of 18! School systems may be holding classes in person, on-line, or some combination of the two, so your free meals may be available at school, for curbside pick-up, or by some other means. But however you get the meals, we urge you to take advantage of THIS stimulus effort, too. Your family gets access to no-charge meals at school (and/or ready-to-eat food through Grab & Go distribution, plus lots of fresh fruit, veggies, milk, and more. AND you help support our farmers and other businesses that provide the food while at the same time helping our local child nutrition program and our school system weather the storm. See the details for our schools on this page and plan to use this fantastic resource during this trying time. For the good of your family, our schools, and our community, please cash this stimulus check, too!

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**Hiram Revels**

Hiram Rhodes Revels became the first Black person to serve as a U.S. Senator when he was sworn in in February 1870. Since then, only 10 other African-Americans have been senators, including Barack Obama, Kamala Harris, and Raphael Warnock, who was sworn in last month.

**African American History Month**

Want to know more? Search for “Hiram Revels” on-line.

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**Our Nation’s History**

During the winter of 1919, Boston, Massachusetts, was devastated by a flood – but there was no water involved at all. A fifty-foot tall wooden tank that held molasses broke apart, sending a forty-foot wave of the thick, dark sugary liquid hurting through part of the town like a giant tsunami. The gooey wave of 2.3 million gallons of molasses moved at 35 miles per hour, killing 21 people and injuring many hundreds more.

The water in the harbor was still brown six months later, and some Bostonians swear that, on a warm summer day, you can still smell molasses in the air. Among the books for kids written about the disaster is *The Great Molasses Flood* by Beth Wagner Brust.

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**With Liberty & Justice for All**

 Valentine’s Day isn’t just for sweethearts! On February 14, tell everybody who is close to you that you love them!
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Monday, February 8</td>
<td>Assorted Cereal</td>
<td>Beef Lasagna and Broccoli</td>
<td>Corn</td>
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<tr>
<td>Tuesday, February 9</td>
<td>Fried Rice with Portuguese Sausage</td>
<td>Chicken Burger</td>
<td>Sautéed Spinach</td>
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<td>Wednesday, February 10</td>
<td>Ham and Cheese Roll</td>
<td>Oven Fried Chicken</td>
<td>Red Rice</td>
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<tr>
<td>Thursday, February 11</td>
<td>Grilled Cheese Sandwich</td>
<td>Baked Fried Chicken</td>
<td>Bell Peppers, Bean Sprouts, Carrots, and Onions</td>
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<tr>
<td>Friday, February 12</td>
<td>Fried Rice with Chicken Nuggets</td>
<td>Chicken Alfredo</td>
<td>Beans</td>
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**Presidents’ Day**

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<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Monday, February 15</td>
<td>Fried Rice with Grilled Ham</td>
<td>Hawaiian Pizza</td>
<td>Corn</td>
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<tr>
<td>Tuesday, February 16</td>
<td>Fried Rice with Syrup</td>
<td>Breaded Fish with Sauce</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Wednesday, February 17</td>
<td>Pancakes with Syrup</td>
<td>Baked Fried Chicken</td>
<td>Bacon</td>
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<tr>
<td>Thursday, February 18</td>
<td>Pan de Sal with Egg and Cheese</td>
<td>Baked Fried Chicken</td>
<td>Breakfast</td>
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<tr>
<td>Friday, February 19</td>
<td>Garlic Rice with Patty Sausage</td>
<td>Baked Fried Chicken</td>
<td>Bacon</td>
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**No School Monday, Feb. 15**

<table>
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<tr>
<th>Date</th>
<th>Breakfast</th>
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<tbody>
<tr>
<td>Monday, February 22</td>
<td>Assorted Cereal</td>
<td>Beef Broccoli with Rice</td>
<td>Garlic Spinach</td>
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<tr>
<td>Tuesday, February 23</td>
<td>Garlic Fried Rice</td>
<td>BBQ Chicken with Red Rice</td>
<td>Spaghetti Bolognese</td>
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<tr>
<td>Wednesday, February 24</td>
<td>French Toast with Syrup</td>
<td>Honey Glazed Chicken</td>
<td>Grilled Ham with Rice</td>
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<td>Thursday, February 25</td>
<td>Macaroni and Cheese</td>
<td>Grilled Ham with Sweet Potato Fries</td>
<td>Spaghetti Bolognese</td>
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<tr>
<td>Friday, February 26</td>
<td>Ground Beef and Vegetable Omelet</td>
<td>Spaghetti Bolognese</td>
<td>Spaghetti Bolognese</td>
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