



My Payments Plus is your way to stay informed of your students meal account. Create a **FREE** account at:

www.mypaymentsplus.com

and then download the free app onto your phone to have access to do the following:

- Set up to receive **low balance push notifications** & to make **reoccurring automatic payments**

- **Prepay** (small fee for online payments & automatic payments)
- View meal history purchases

ADDITIONAL PAYMENT METHODS

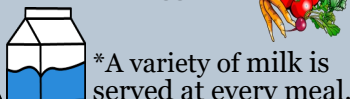
- **Checks** payable to: *Everett Public Schools*. Use the comment line for your students full name or number.
- **Cash** should be put in a sealed envelope with your students full name or number on it.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Breakfast Casserole	4 Breakfast Mini Waffles	5 Breakfast Cinnamon Roll	6 Breakfast Yogurt Parfait	7 Breakfast Pancake Bites
Happy Ham & Cheese Ripper Classic Caesar Salad Plump Blueberries	Best Beefy Taco & Cheery Churro Rustlin' Refried Beans Perky Peaches	Golden Strips (Chicken or Fish) Busy Brussels Sprouts Mixed-Up Berries	EPS Café Kid's Burger (or Fishwich) Bouncin' Baked Beans Sweet Strawberries	It's A Homemade Pizza or Dancin' Corn Dog Champion Corn Peppy Pears
10 Breakfast Cheesy Quiche	11 Breakfast Mini Pancakes	12 Breakfast Cinnamon Roll	13 Breakfast Fruit Smoothie	14 Breakfast Morning Pizza
Terrific Teriyaki Chicken & Fortune Cookie Bright Broccoli Tropical Pineapple	Homemade Mac n' Cheese Busy Brussels Sprouts Perfect Peaches	Peppy Personal Pizza Classic Caesar Salad Jumbled Up Berries	Wacky Waffles & Sizzlin' Sausage Skater Taters Chilly Strawberries	Cupid's Chicken Burger & "Be Mine" Frozen Treat Veggies & Hummus Awesome Applesauce
17 NO SCHOOL MID-WINTER BREAK	18 NO SCHOOL MID-WINTER BREAK	19 Breakfast Cinnamon Roll Mandarin Orange Chicken over Rice Yummy Asian Salad Mixed-Up Berries	20 Breakfast Hawaiian Breakfast Roll Cheesy Quesadilla Chicken Tortilla Soup Sweet Strawberries	21 Breakfast Breakfast on a Stick EPS Café Kid's Burger or Black Bean Burger Corn on the Cob Perky Pears

Additional Daily Offerings

Have Breakfast at School

The Garden Spot
A variety of fresh fruits and veggies.




*A variety of milk is served at every meal.

Additional Lunch Entrée Choices:

1. PB&J Sandwich
2. Yogurt Combo (yogurt, string cheese, cracker & granola).

Choose from the delicious hot menu item or from a variety of reduced sugar, whole grain cold cereal options. All served with fruit, juice and milk. Breakfast is only \$1.25! If you qualify for free or reduced priced meals then your breakfast is FREE.

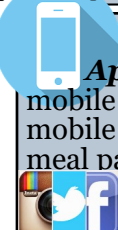


Prices:	Breakfast	Lunch
Full Price	\$1.25	\$3.00
Reduced, K-3	FREE	FREE
Reduced, 4-5	FREE	\$0.40
ALL student breakfasts are FREE at Hawthorne.		
Second meals for ALL students are full price.		
A la carte Prices:		
Milk or Juice	\$0.55	Whole Grain Cookie \$0.35
Sorbet Fruit Cups	\$0.85	Fresh Veggies \$0.85

APPS & Social Media

Apps are available for download. The district's mobile app makes it convenient to have one app on your mobile device that gives you access to school menus and meal payments.

Everett Public Schools is on *Facebook*, *Twitter* & *Instagram*. Look for **#EPS_Cafe** for posts regarding Food & Nutrition. Snap a picture of your snacks and food trays and use **#EPS_Cafe** to share.




SNACK CORNER

Crunchy Chickpeas

This super snack is our version of "corn" nuts! It's an easy after school snack!

Ingredients: 2 cups soaked or canned chickpeas, olive oil, salt, pepper, paprika, parchment paper & baking sheet.

Directions: Preheat oven to 425°. Lightly coat chickpeas with olive oil, spread on baking sheet. Sprinkle with salt, pepper and paprika to taste. Bake for 20 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
24 Breakfast Cheesy Omelet	25 Breakfast Mini Waffles	26 Breakfast Cinnamon Roll	27 Breakfast Yogurt Parfait	28 Breakfast Mini Cheese Calzone
Cha-Cha Cheese Dippers	Gobbler Gravy, Mashed Potatoes & Rockin' Roll	Golden Chicken Strips	Amazing Mini Pancakes & Sizzlin' Sausage	It's A Homemade Pizza!
Speckled Chili Sweet Blueberries	Lean Green Beans Perky Peaches	Sweet Broccoli Salad Jumbled Up Berries	Perfect Potato Bites Chilly Strawberries	Champion Corn Peppy Pears

We're HIRING If you or someone you know is looking for a part time job, then come work as a Food Services substitute. This job is perfect for those just wanting to work a few hours a day. No experience necessary. To apply, go to: www.everettsd.org. If you need help with the online application you can visit Human Resources at the Everett Public Schools Community Resource Center at 3900 Broadway. For more information call 425-385-4380

DID YOU KNOW?



Continuing education is important in Food & Nutrition Service. Over the course of the year all staff are required to complete at least 6 credits of continuing education. Several of our staff have completed additional credits to earn their SNA Certificate in School Nutrition. The entire staff of the Food and Nutrition department are members of the School Nutrition Association (SNA). Check out the SNA web page at: <https://schoolnutrition.org/>



**Feeding Bodies.
Fueling Minds.™**



RECIPE OF THE MONTH

Speckled Chili

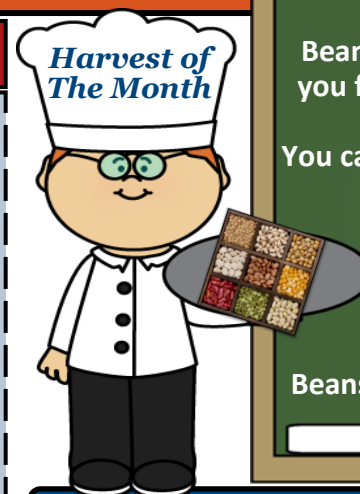
Yield: 6 cup servings

Ingredients:

Kidney beans	1 15oz can	Black Beans	1 15oz can
Pinto beans	1 15oz can	Tomatoes, diced	1 15oz can
Onion Flakes	1 TBSP	Garlic Powder	1/2 tsp.
Cumin, ground	1/2 tsp.	Pepper, black	1/4 tsp.
Chili powder	2 TBSP	Salt	3/4 tsp.
Tomato paste	1/3 cup	Sugar	1 TBSP
Water	2 cup	Salsa	1/3 cup

Directions:

- Optional: Puree the canned tomatoes in the food processor for 5-6 pulses; this allows for the largest pieces to be cut down but still leaves some chunks.
- Drain and rinse the beans, add to large pot
- Mix the tomato paste and spices in the water.
- Combine tomatoes, spices, tomato paste and water with the beans.
- Over high heat, bring chili to a boil. Once boiling, reduce the heat to med-low and continue cooking until flavors are combined and chili has thickened. Approximately 1-1.5 hours
- Serve with cheese, sour cream or any of your favorite toppings



*Harvest of
The Month*

February is Bean Month

Beans are an excellent source of fiber. Fiber keeps you full longer. They are also high in protein which helps us grow & build muscle.

You can find beans on the following days this month:

- Rustlin' Refried Beans-February 4
- Bouncin' Baked Beans-February 6
- Veggies & Hummus-February 14
- Black Bean Burger-February 21
- Speckled Chili-February 24

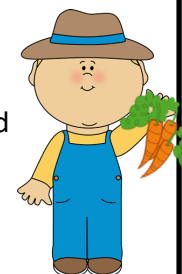
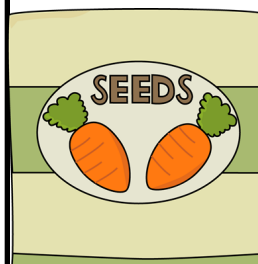
Beans can also be found on the salad bar and in our homemade hummus!

Local Farmer Spotlight

MERCER RANCH

Fresh carrots are a staple vegetable on the school salad bars for their kid appeal and satisfying crunch. Carrots are available daily at all our schools.

Our fresh and frozen carrots are produced and processed here in the Northwest. Washington State is ranked #4 in the United States for growing fresh carrots. One of those farms is Mercer Ranch located in Prosser Washington. This 5th generation farm has been growing carrots since the 1980's. Each time we crunch a carrot we are grateful to the farmers who supply us with these crisp snacks.



VEGETABLE of the MONTH

Cooking for Kids

Yummy Black Beans

Serves 4

Prep: 15 minutes

Ingredients:

- 2 Tbsp. extra virgin olive oil
- 1 garlic clove, finely chopped
- 1 15oz. can black beans
- 1 Tbsp. fresh chopped cilantro

Directions:

1. Heat olive oil in a small pot over medium heat.
2. Add garlic and cook stirring for 1 minute.
3. Add can of beans (with liquid). Add 1 Tbsp. of cilantro.
4. Once beans begin to boil, turn heat to low and let simmer 15 minutes.

Make it a meal:

These yummy black beans make a perfect side dish. You could also add them to your favorite tortilla with some cheese, salsa or guacamole for a taco or burrito at home!

Recipe adapted from 'It's All Good' by Gwyneth Paltrow & Julia Turshen.

Books to Read!

Grades K-2

One Bean By Anne Rockwell

Grades 2-5

Yum! MmMm! Que Rico! By Pat Mora

Spill the Beans and Pass the Peanuts by Meredith Sayles Hughes

February

The Incredible Edible Bean



Just the Facts

The bean seed is planted in the spring and harvested in the fall.

Beans are a good source of fiber. Fiber keeps you full for longer.

Beans are high in protein. Protein helps us grow & build muscle.

Of the most common bean varieties in the U.S. are Pinto, Navy, Great Northern, Red Kidney and Black Beans.

Did You Know?

- This month on the school menu you can enjoy BEANS in the following homemade dishes:
 - Hummus
 - Baked Beans
 - Refried Beans
 - Three Bean Chili
- Beans are inexpensive, making them an affordable protein option for families. Often, beans are priced at 25 cents per cup.
- Beans are available to buy in bulk, bagged, canned, or frozen.
- The recommended serving size of beans is ½ cup; that looks like half of a baseball.

For more information, see:

- <http://www.eatright.org/Public/content.aspx?id=6442477978>



Created by: The EPS Food & Nutrition Department

Activity: Beans

Color and Count the Rainbow of Beans!

All of the varieties of beans differ in size, shape and color. Use natural bean colors to fill in this bean rainbow!

- | | |
|----------------------|-------------------------------|
| 1. Kidney bean: Red | 5. Garbanzo bean: Tan |
| 2. Navy bean: Cream | 6. Cannellini bean: Off-white |
| 3. Pinto bean: Brown | 7. Black bean: Black |
| 4. Soybean: Green | 8. Lima Bean: Light Green |

Color the beans to match the variety above then count the beans.

1.  = _____

2.  = _____

3.  = _____

4.  = _____

5.  = _____

6.  = _____

7.  = _____

8.  = _____