



THE BOW KIDS CAF'E

Here we are... February 2010, where did the time go? The cold unfortunately will remain with us for some time.

The senior lunch is scheduled for Friday February 12th. We'll have all the fixings from turkey and gravy to pumpkin cake for dessert. Each grade will put together a little something for the seniors to enjoy, such as skits, songs, and making placemats. These activities have been well received in the past and a good time has been had by all.

Did you know?

****that honey is the only food on the planet that will not spoil or rot. It will turn to sugar; in reality honey is always honey.*

****that 2 tablespoons of honey, and 3 tablespoons of cinnamon powder mixed in a 16 oz. of tea water, was found to reduce the level of cholesterol in the blood by 10 % within 2 hours.*

****that honey taken with cinnamon powder cures stomach ache.*

*****School Meals = We Serve Education Every Day *****

Nancy Bouchard

Kitchen manager