

# FEBRUARY 2025

## LUNCH & Breakfast

BIRTHSTONE: AMETHYST FLOWER: PRIMROSE

Keep your eye on Punxsutawney Phil on the 2nd, if Punxsutawney Phil sees his shadow winter will continue for 6 more weeks-so the myth goes ~ So here's to no shadows and an early Spring.

FEBRUARY IS AMERICAN HEART MONTH. KEEP YOUR HEART HEALTHY BY BEING ACTIVE EVERY DAY. RUN, DANCE, WALK THE DOG, CLIMB STAIRS OR PLAY IN THE SNOW IF YOU HAVE IT.

REFERENCE: USDA MYPLATE

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Breakfast:** Cereal & Toast will be offered with milk, juice and fruits. A second (hot) option will be available on the days indicated. Choosing the hot option will replace the choice of the cereal & toast. If a student takes both options, they will be charged for the cereal and toast as an a la carte option. 3 items are required to be a reimbursable breakfast. **Lunch:** In addition to items listed for lunch, assorted fruits and vegetables - both cooked and fresh are offered daily in MS and HS. Milk is always available in 1% white, fat free white, chocolate. A Minimum of One Fruit or Vegetable is required along with two other components to be considered a reimbursable meal. As an alternate, students may have salad bar for lunch. With this meal they must take lettuce, meat or cheese, veggies and/or fruit & bread or crackers. Cost: B: \$1.50 L: \$3.00 Reduced: B: .30 L: .40 **This institution is an equal opportunity provider**

Cereal & Granola Bar  
Tenderloin  
French Fries  
Baked Beans  
Pears

3

Donut  
Nachos  
Corn  
Mandarin oranges  
Churros

4

Cereal & Toast  
Chicken Fries  
Smile Potatoes  
Peaches  
Graham Snack

5

Cereal & Toast  
Chicken & Noodles  
Mashed Potatoes  
Sweet Carrots  
Fruit Slushie  
Dinner Roll

6



Bağel  
Pizza Crunchers  
Green Beans  
Tropical Fruit  
Ice Cream & Cookie

7

Cereal & Granola Bar  
Cheeseburger  
French Fries  
Baked Beans  
Pears

10

Cereal & Toast  
Italian Dunkers  
Corn  
Mandarin oranges  
Graham Snack

11

Breakfast Pizza  
Popcorn Chicken  
Mashed Potatoes/Gravy  
Green Beans  
Strawberries

12

Cereal & Toast  
Breakfast for Lunch Biscuit,  
Egg Patty, Sausage, Eggbert, Tri  
Tater, Peach Cup

13

Biscuits 'n Gravy  
Chili - Crackers  
Finger Veggies  
Applesauce  
Cinnamon Roll

14



Cereal & Granola Bar  
Rib Sandwich  
French Fries  
Baked Beans  
Pears

17



President's Day

Waffles  
Tacos  
Corn  
Mandarin oranges  
Churros

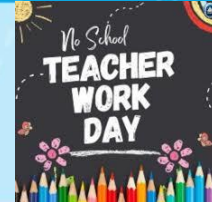
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Pancake on Stick  
Chicken Nuggets  
Mashed Potatoes/Gravy  
Sweet Carrots  
Peaches  
Graham Snack

19

Cereal & Toast  
Deli Sandwich  
WC Chips  
Finger Veggies  
Apple Slices

20



21

Cereal & Granola Bar  
Chicken Sandwich  
Chips  
Baked Beans  
Tropical Fruit

24

Breakfast Bar  
Crispito  
Corn  
Mandarin oranges  
Churros  
Early Out @ 2:00

25

Cereal & Toast  
Chicken Strips  
Mashed Potatoes/Gravy  
Green Beans  
Peaches

26

Breakfast Pizza  
Macaroni 'n Cheese  
Meatballs  
Sweet Carrots  
Mixed Fruit  
Early Out @ 2:00

27

NO SCHOOL

28

