

Menus for February 2026

Pre-K



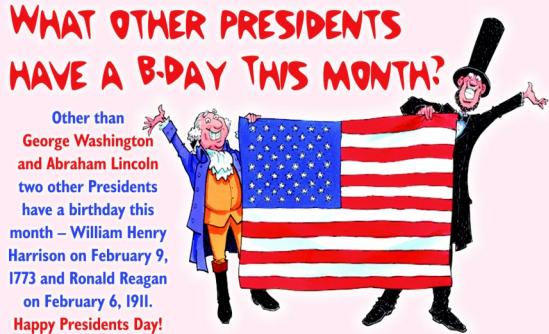
This institution is an equal opportunity provider.
Menus are subject to change.

Grab-N-Go

- 1) PB&J
- 2) Spicy Chicken Sandwich
- 3) Pizza
- 4) Pretzel
- 5) Hot Pocket
- 6) Salad
- 7) Deli Sandwich
- 8) Taco Crispups
- 9) Yogurt & Cheese stick
- 10) Taco Hummus
- 11. Fish
- 12. Nacho
- 13. Breakfast for Lunch



Random Acts of Kindness Week
February 14-20



Monday, February 2

Breakfast

Raspberry Danish
Fruit, 1% White Milk

Lunch **Choice of One**

Pizza
Toasted Cheese Sandwich
Grab-N-Go #1 or #8
~~~~~  
French Fries,  
Corn, Baby  
Carrots  
Fruit  
Choice of Milk

HAPPY GROUNDHOG DAY

Tuesday, February 3

#### **Breakfast**

Apple Frudel  
Juice, 1% White Milk

#### **Lunch** **Choice of One**

Pork Chop  
Grab-N-Go #5 or #9  
~~~~~  
Roll
Mashed Potatoes
Peas & Carrots
Fruit
Choice of Milk

Wednesday, February 4

Breakfast

Chicken Biscuit
Fruit, 1% White Milk

Lunch **Choice of One**

Chicken Teriyaki
Ramen Bowl
Grab-N-Go #7 or #10
~~~~~  
Roll  
Mashed Potatoes  
Steamed Carrots  
Steamed Broccoli  
Fruit  
Choice of Milk

Thursday, February 5

#### **Breakfast**

Pancake on Stick  
Juice, 1% White Milk

#### **Lunch**

Drumstick  
~~~~~  
Roll
Mashed Potatoes
Green Beans
Turnip Greens
Fruit Slush
Choice of Milk

Friday, February 6

Breakfast

Churro Bites
Fruit, 1% White Milk

Lunch **Choice of One**

Hamburger
Cheeseburger
Breaded Chicken
Sandwich
Grab-N-Go #4 & #13
~~~~~  
Leafy Green Trimmings  
Dill Pickle Slices  
Baked Beans  
French Fries, Fruit  
Choice of Milk

Monday, February 9

#### **Breakfast**

Mini Waffles  
Juice, 1% White Milk

#### **Lunch** **Choice of One**

Hot Dog  
Grab-N-Go #6 or #11  
~~~~~  
Baked Beans
Garlic Roasted
Potatoes
Fruit
Choice of Milk

Tuesday, February 10

Breakfast

Cinnamon Roll
Fruit, 1% White Milk

Lunch **Choice of One**

Pizza
Grab-N-Go #1 or #2
~~~~~  
Corn  
Tater Tots  
Fruit  
Choice of Milk

Wednesday, February 11

#### **Breakfast**

Sausage Biscuit  
Juice, 1% White Milk

#### **Lunch** **Choice of One**

Toasted Cheese  
Sandwich  
Grab-N-Go #1 or #3  
~~~~~  
Tomato Soup
Baby Carrots
Fruit
Choice of Milk

Thursday, February 12

Breakfast

Cheese Omelet
Fruit, 1% White Milk

Lunch

Chicken Tenders
~~~~~  
Roll  
Mashed Potatoes  
Green Beans  
Fruit  
Choice of Milk

Friday, February 13

#### **Breakfast**

Pre-K Cereal & Assorted Graham  
Juice, 1% White Milk

#### **Lunch** **Choice of One**

Hamburger  
Cheeseburger  
Breaded Chicken  
Sandwich  
Grab-N-Go #9 or #12  
~~~~~  
Leafy Green Trimmings
Dill Pickle Slices, French
Fries, Broccoli Cup, Fruit
Choice of Milk

Monday, February 16



NO SCHOOL
TODAY

Tuesday, February 17

Breakfast

Pre-K Cereal
Fruit, 1% White Milk

Lunch **Choice of One**

Pizza
Toasted Cheese
Sandwich
Grab-N-Go #5 or #8
~~~~~  
Corn  
Roasted Carrots  
Fruit  
Choice of Milk

Wednesday, February 18

#### **Breakfast**

Chicken Biscuit  
Fruit, 1% White Milk

#### **Lunch** **Choice of One**

Street Tacos  
Grab-N-Go #2 or #7  
~~~~~  
Mexican Street Corn
Refried Beans
Salsa
Fruit
Choice of Milk

Thursday, February 19

Breakfast

Pre-K Cereal
Fruit, 1% White Milk

Lunch

Chicken Nuggets
~~~~~  
Roll  
Mashed Potatoes  
Green Beans  
Fruit  
Choice of Milk

Friday, February 20

#### **Breakfast**

Pre-K Cereal & Assorted Graham  
Juice, 1% White Milk

#### **Lunch** **Choice of One**

Hamburger  
Cheeseburger  
Breaded Chicken Sandwich  
Grab-N-Go #10 or #13  
~~~~~  
Leafy Green Trimmings
Dill Pickle Slices
Broccoli Cup
French Fries, Fruit Juice
Choice of Milk

Word of Month

Citizenship

Being law abiding, admitting wrongdoing.

Being trustworthy & acting with integrity.



Wellness Tip:
Managing stress and staying active helps support heart health and emotional well being.

Challenge:
Take a 5-10 minute walk or stretch break at least 3 days a week.

Monday, February 23

Breakfast

Banana Bread
Juice, 1% White Milk
Lunch Choice of One
Stuffed Breadstick
Grab-N-Go #6 or #11
~~~~~  
Marinara Sauce  
Corn  
Side Salad  
Fruit  
Choice of Milk

Tuesday, February 24

#### Breakfast

Pre-K Cereal & Assorted Graham  
Juice, 1% White Milk  
**Lunch Choice of One**  
Fish Nuggets  
Grilled Chicken Nuggets  
Grab-N-Go #5 or #9  
~~~~~  
Hush Puppies
Cole Slaw
Pinto Beans
Baked Mac N Cheese
Fruit
Choice of Milk

Wednesday, February 25

Breakfast

Chicken Biscuit
Fruit, 1% White Milk
Lunch Choice of One
Walking Beef Taco
Grab-N-Go #1 or #12
~~~~~  
Queso Cheese  
Refried Beans  
Corn  
Taco Trimming, Salsa  
Fruit  
Choice of Milk

Thursday, February 26

#### Breakfast

Pre-K Cereal  
Fruit, 1% White Milk  
**Lunch**  
**Choice of One**  
Popcorn Chicken  
~~~~~  
Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, February 27

Breakfast

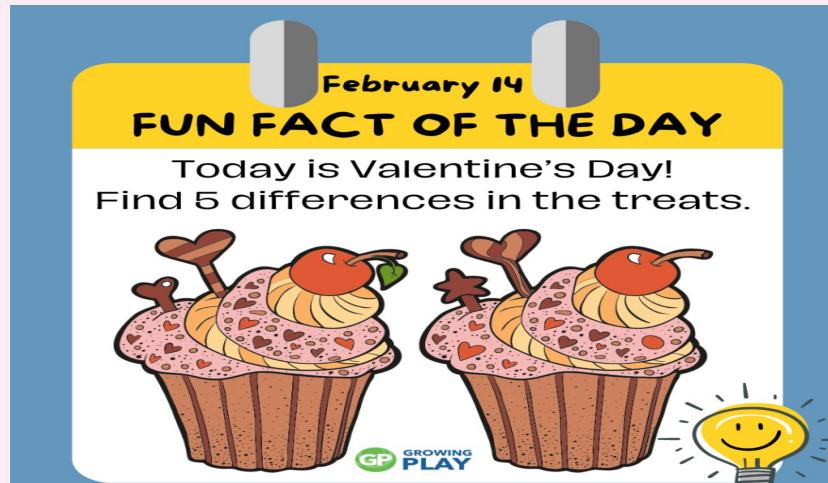
Apple Frudel
Juice, 1% White Milk
Lunch
Choice of One
Hamburger
Cheeseburger
Breaded Chicken Sandwich
Grab-N-Go #10 or #13
~~~~~  
Leafy Green Trimmings  
Dill Pickle Slices  
Baked Beans  
French Fries, Fruit Juice  
Choice of Milk



What's on  
**YOUR**  
plate?



Q: Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)