

# FEBRUARY 2025

## BREAKFAST



**School Information:** NSLP Meals are free to all students (1 per service) Adult and seconds: Breakfast \$3.50 Extra Milk \$0.50



**February is National Hot Breakfast Month.** A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice

3

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice

4

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice

5

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice

6

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice

7

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice

10

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice

11

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice

12

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice

13

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice

14

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice

17

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice

18

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice

19

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice

20

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice

21

24

25

26

27

28

# FEBRUARY 2025

## LUNCH



**School Information:** NSLP Meals are free to all students (1 per service) Adult and seconds: Lunch \$4.95 Extra Milk \$0.50



**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



Nachos With Taco Meat **3**  
Sour Cream & Salsa  
Mexican Style Rice  
Fresh Fruit  
Milk

Chicken Burger on a whole Grain Bun **4**  
Potato Wedges  
Fresh Fruit  
Milk

Chop Suey with Local Beef **5**  
Garlic Knots  
Peas  
Fresh Fruit  
Milk

Baked Ham With Cheesy Potatoes **6**  
Carrots  
Fresh Fruit  
Milk

Cheese or Peperoni Pizza **7**  
Garden Salad  
Fresh Fruit  
Milk

Taco Pie with Sour Cream and Salsa **10**  
Mexican Style Rice  
Fresh Fruit  
Milk

BBQ Sloppy Joe on a Whole Grain Bun **11**  
Tater Tots  
Fresh Fruit  
Milk

Ravioli in Marinera WG **12**  
Texas Toast  
Fresh Fruit  
Milk

Chili Cheese Dogs on a WG Roll **13**  
Corn  
Fresh Fruit  
Milk

Cheese or Peperoni Pizza **14**  
Garden Salad  
Fresh Fruit  
Milk

Chicken Fajita with Sour Cream and Salsa **17**  
Mexican Style Rice  
Fresh Fruit  
Milk

Plain or Cheeseburger On a WG Bun **18**  
Potato Wedges  
Fresh Fruit  
Milk

Chicken Parmesan with Linguini **19**  
Green Beans  
Fresh Fruit  
Milk

Sheperds Pie WG Biscuit **20**  
Fresh Fruit  
Milk

Cheese or Peperoni Pizza **21**  
Garden Salad  
Fresh Fruit  
Milk

**24**

**25**

**26**

**27**

**28**