

# MENUS FOR FEBRUARY 2025

FSD5 Schools  
Johnsonville High School

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

## BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



### Monday, February 3

#### Breakfast

Grits and Eggs  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
or Uncrustable or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

### Tuesday, February 4

#### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
or Uncrustable or  
Mexican Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

### Wednesday, February 5

#### Breakfast

Grits and Eggs  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
or Uncrustable or  
Shrimp n Grits or  
Pork Carnitas and Grits  
Mixed Vegetables  
Roll  
Fruit & Milk Choice

### Thursday, February 6

#### Breakfast

Biscuits and Sausage Gravy  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
or Uncrustable or  
White BBQ Chicken Sammy  
Buffalo Wings  
Green Beans, Yams  
Roll  
Carrots w/ Ranch  
Fruit & Milk Choice

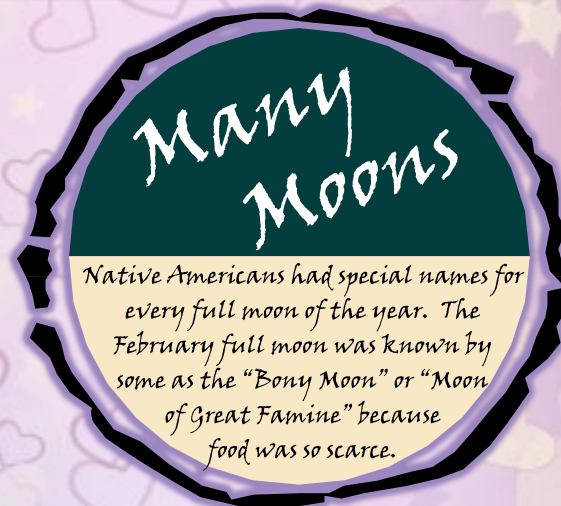
### Friday, February 7

#### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
or Uncrustable or  
Pizza or  
Manager's Choice  
Corn, Sun Chips  
Salad w/ Ranch  
Fruit & Milk Choice



### Monday, February 10

#### Breakfast

Grits and Eggs  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
or Uncrustable or  
Baked Spaghetti or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Corn, Garlic Breadstick  
Fruit & Milk Choice

### Tuesday, February 11

#### Breakfast

Smoked Sausage Wrap  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
or Uncrustable or  
Beef Tacos or  
Walking Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

### Wednesday, February 12

#### Breakfast

Grits and Eggs  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
or Uncrustable or  
Cheeseburger Potato  
Casserole or BBQ Pork  
Corn, Cole Slaw  
Salad w/ Ranch  
Roll  
Fruit & Milk Choice

### Thursday, February 13

#### Breakfast

Biscuits and Sausage Gravy  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
or Uncrustable or  
Buffalo Nuggets or  
Chicken Salad Croissant  
Yams  
Glazed Carrots  
Roll  
Fruit & Milk Choice

### Friday, February 14

#### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
or Uncrustable or  
Pizza or  
Manager's Choice  
French Fries  
Salad w/ Ranch  
Fruit & Milk Choice

## MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Every complete meal we serve comes with your choice of milk



Monday, February 17

**Breakfast**

Grits and Eggs  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham or Uncrustable or Fried Shrimp w/ Cocktail or Chicken Caesar Wrap  
Salad w/ Ranch  
Corn  
Fruit & Milk Choice



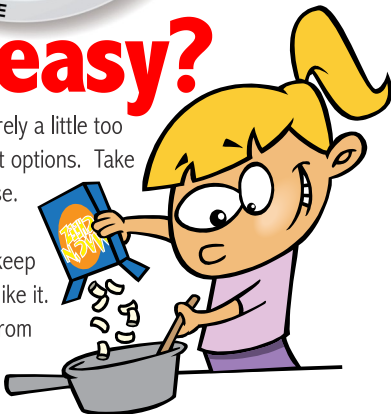
# WINTER BREAK

Last Day of Classes  
February 17

Classes Resume  
February 24



## Too easy?



Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.

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)

Monday, February 24

**Breakfast**

Grits and Eggs  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham or Uncrustable or Beef and Bean Chili, Grilled Cheese Sandwich  
Salad w/ Ranch  
Sweet Potato Fries  
Fruit & Milk Choice

Tuesday, February 25

**Breakfast**

Smoked Sausage Wrap  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken or Uncrustable or Beef Tacos or Walking Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

Wednesday, February 26

**Breakfast**

Grits and Eggs  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham or Uncrustable or Steak and Gravy or Chicken Caesar Wrap  
Corn, Mashed Potatoes,  
Salad w/ Ranch, Roll  
Fruit & Milk Choice

Thursday, February 27

**Breakfast**

Biscuits and Sausage Gravy  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken or Uncrustable or Garlic Parm Wings or BBQ Pork on Bun  
Green Bean, Veggie Sticks,  
Mac and Cheese,  
Roll  
Fruit & Milk Choice

Friday, February 28

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham or Uncrustable or Pizza or Manager's Choice  
French Fries  
Salad w/ Ranch  
Fruit & Milk Choice



*If you usually drink a soda after school, try a delicious cup of hot cocoa instead. Hot cocoa contains lots of "antioxidants," which help fight disease. The healthiest way to make hot cocoa is to use pure cocoa powder (not a packaged mix) with nonfat milk and a little sugar or artificial sweetener for fewer calories, YUMMY!*

## NUTRITION TO GO

**One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!**

**A QUICK BITE FOR PARENTS**