

MENUS FOR FEBRUARY 2025

FSD's Schools - Johnsonville Elementary, Johnsonville Middle & PDCAP

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
Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
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
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, February 5

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Thursday, February 6

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Grilled Cheese
Beef and Bean Chili
Carrots w/ Ranch
Salad w/ Ranch
Fruit & Milk Choice

Friday, February 7

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Many Moons

Native Americans had special names for every full moon of the year. The February full moon was known by some as the "Bony Moon" or "Moon of Great Famine" because food was so scarce.

Monday, February 10

Breakfast
Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
French Fries
Fruit & Milk Choice

Tuesday, February 11

Breakfast
Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Walking Taco
Black Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, February 12

Breakfast
Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, February 13

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

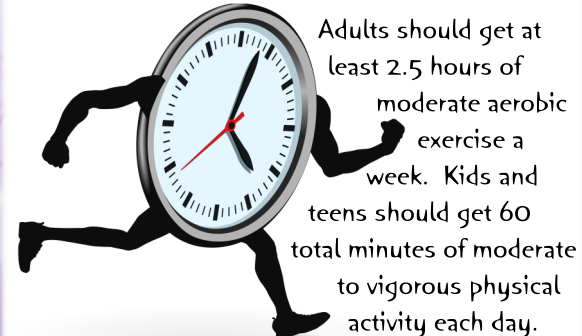
Lunch
Southwest Salad w/ Chicken
Or
Popcorn Chicken
Veggie Sticks
Green Beans
Roll
Fruit & Milk Choice

Friday, February 14

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Manager's Choice
w/
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

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Sausage Biscuit
Tomato Slices
Cheese Grits
Fruit & Milk Choice



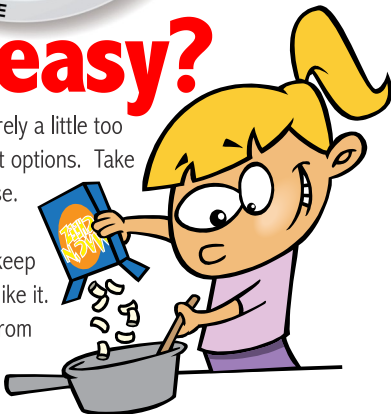
WINTER BREAK

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 24

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pork Chop Sandwich
Let/Tom
French Fries
Fruit & Milk Choice

Tuesday, February 25

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, February 26

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w/ Meat Sauce
Green Beans, Yams
Carrots w/ Ranch
Roll
Fruit & Milk Choice

Thursday, February 27

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Steam Broccoli
Glazed Carrots
Roll
Fruit & Milk Choice

Friday, February 28

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Manager's Choice
w/
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