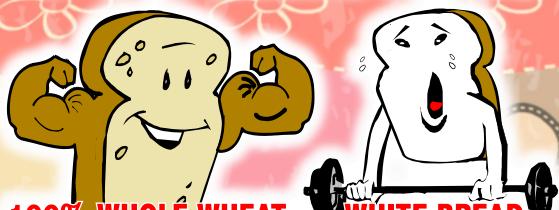


Menus for FEBRUARY 2026

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



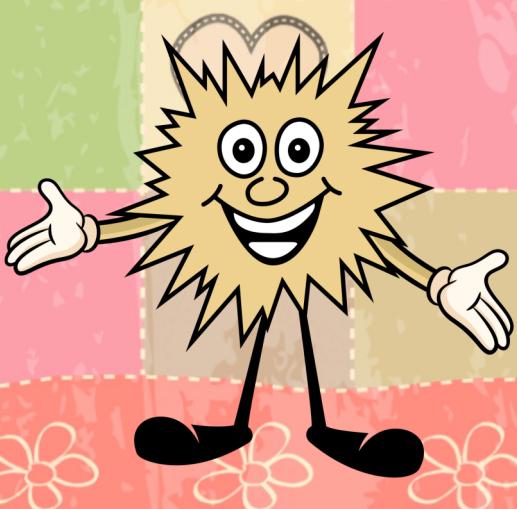
Powerhouse!



100% WHOLE WHEAT: 3 GRAMS PER SLICE **WHITE BREAD: .8 GRAMS PER SLICE**

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Word of the Month

well-rounded

adj. 1. having a broad range of interests and abilities 2. fully developed; comprehensive 3. Not limited or too narrowly focused

Milk Choices

1% White
Skim Chocolate
Skim Strawberry
FF Vanilla
1% Lactose Free

Monday, February 2

Breakfast
Mini Waffles
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Sloppy Joes on Bun
Fries, Celery Sticks
Fruit & Milk Choice

Tuesday, February 3

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 4

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

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

Thursday, February 5

Breakfast
Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Chicken Nuggets
Mac n Cheese, Carrots w/ Ranch, Roll
Fruit & Milk Choice

Friday, February 6

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

Lunch
Chef Salad w/ Ham
Or
Hot Dog, Chips, Carrot w/ Ranch
Fruit & Milk Choice

Monday, February 9

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

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

Tuesday, February 10

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 11

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

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

Thursday, February 12

Breakfast
Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Glazed Carrots, Celery Sticks, Roll
Fruit & Milk Choice

Friday, February 13

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

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



STRANGE BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS – AND EVEN DANGLE FROM ABOVE **BY A SINGLE TOE!** – THANKS TO 500,000 TINY HAIRS ON THE SOLES OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE, ENABLING THE GECKO'S FEET TO HOLD ON TO INVISIBLE NOOKS AND CRANNIES ON ANY SURFACE – EVEN THE GLASS WALLS OF AN AQUARIUM.



Monday, February 23
Breakfast Mini Waffles Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Chicken Sandwich French Fries, Lettuce and Tomato Fruit & Milk Choice

Tuesday, February 24
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 25
Breakfast Pancake Pup Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Spaghetti w/ Meat Sauce Green Beans Carrots w/ Ranch Breadsticks Fruit & Milk Choice

Thursday, February 26
Breakfast Biscuits and Gravy or Cereal Fruit, Juice, & Milk Choice
Lunch Southwest Salad w/ Chicken Or Fried Chicken Mac n Cheese Green Beans Fruit & Milk Choice

Friday, February 27
Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Hot Dog, Chili, French Fries, Beans Fruit & Milk Choice