

Menus for February 2024



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



GANADO UNIFIED SCHOOL DISTRICT #20

Thursday, February 1

Breakfast

Toasted English Muffin, Hash Brown Casserole, Mix Berries, Choice of Milk

Lunch

Chicken Nachos
Romaine Salad
Celery Sticks
Ranch Dressing
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, February 2

Breakfast

Hot or Cold Cereal
Wg Toast w/ Jelly
Assorted Juice, Fruit
Choice of Milk

Lunch

Beef Enchilada Bake
Cilantro Lime Br. Rice
Refried Beans
Mexicali Corn
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

Monday, February 5

Breakfast

French Toast Sticks, Syrup, Sausage Patty, Asst. Juice, Banana, Choice of Milk

Lunch

Turkey Sub Sandwich
Chicken Soup
Carrot Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, February 6

Breakfast

Breakfast Burrito, Salsa, Fresh Apple, Orange Smiles, Choice of Milk

Lunch

Pork Pozole
WG Fry Bread
Steamed Broccoli
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Wednesday, February 7

Breakfast

Yellow Cornmeal, Muffin, Asst. Juice, Fresh Pears, Choice of Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
Spanish Rice
Pinto Beans
Fresh Apple
Choice of Milk
HS,MS Alternate Choice

Thursday, February 8

Breakfast

Scrambles Eggs w/ Sausage, WG Toast, Jam, Fresh Fruits
Choice of Milk

Lunch

Spaghetti Noodles w/Meat Sauce
Green Beans
WG Bread Stick
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, February 9

Breakfast

Blueberry Muffin, Yogurt, Asst. Juice, Orange Smiles, Choice of Milk

Lunch

WG Pepperoni Pizza
Romaine Salad
Ranch Dressing
Carrot Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

GANADO SCHOOL DISTRICT NUTRITION SERVICES

2024

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The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON



Every complete meal we serve comes with your choice of milk!



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast

Breakfast Taco, Salsa,
Assorted Juice,
Fresh Fruits,
Choice of Milk

Lunch

Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa
Mixed Berries
Choice of Milk
HS,MS Alternate Choice

Tuesday, February 13

Breakfast

WG Pancakes, Syrup,
Cheese Sticks,
Cinnamon
Apples Slices,
Choice of Milk

Lunch

Pulled BBQ Pork
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wed., February 14

Breakfast

Hot or Cold Cereal,
WG Toast w/Jam, Asst.
Juice, Fresh Banana,
Choice of Milk

Lunch

Chicken Nuggets
WG Bread Sliced
Romaine Salad
Fruited Gelatin
Choice of Milk
Sweetheart Treat
HS,MS Alternate Choice

Thursday, February 15

Breakfast

Cinnamon Rolls, Boiled
Egg, Tater Tots,
Fresh Fruits
Choice of Milk

Lunch

Gr. Chili Chicken Soup
WG Tortilla Chips
Spanish Rice
Steamed Broccoli
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, February 16

Breakfast

Banana Muffin,
Assorted Yogurt,
Banana,
Choice of Milk

Lunch

Frito Chili Pie
Shred Lettuce/Tomato
Shred Cheese
Cut Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast

Cream of Wheat, WG
Toast, Jelly, Asst.
Diced Pears,
Choice of Milk

Lunch

Chicken Sandwich
Gr Leaf, Tomato
Carrot Sticks
Pasta Salad
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Wed., February 21

Breakfast

Egg & Sausage
Sandwich, Asst. Juice,
Fresh Fruit
Choice of Milk

Lunch

Bean Burrito
Mexicali Corn
Romaine Salad
Fresh Fruit
Salsa
Choice of Milk
HS,MS Alternate Choice

Thursday, February 22

Breakfast

Blueberry Muffin,
Asst. Yogurt,
Fresh Pears
Choice of Milk

Lunch

Grilled Cheese Sand.
Tomato Soup
Celery Sticks
Fresh Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, February 23

Breakfast

Baked French Toast,
Syrup, Sausage Patty,
Applesauce
Choice of Milk

Lunch

Sloppy Joe
French Fries
Baby Carrot
Baked Beans
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

Available Daily

Monday: Corndogs
Tuesday: Bean Burrito
Wednesday: Hamburger
Thursday: Deli Sandwich
Friday: Cooks Choice

Menu are subject to change

Monday, February 26

Breakfast

WG Breakfast Pizza,
Cheese Stick,
Fruit Cups,
Choice of Milk

Lunch

WG Pig N Blanket
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, February 27

Breakfast

Hot or Cold Cereal,
WG Toast, Jelly,
Fresh Banana
Choice of Milk

Lunch

Chicken Nuggets
Dinner Roll
Mixed Vegetables
Carrot Sticks
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Wed., February 28

Breakfast

Breakfast Burrito,
Fresh Salsa,
Orange Slices
Choice of Milk

Lunch

Red Pozole
WG Cornbread
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, February 29

Breakfast

Brown Rice with
Raisins, Scrambled
Eggs, Fresh Fruits
Choice of Milk

Lunch

Chili Mac
Steamed Carrots
Celery Sticks
WG Garlic Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

- 1 Wash your hands frequently.
- 2 Cover up when you sneeze or cough.
- 3 If you do get sick, stay home.