

# FEBRUARY MENUS 2025

Ganado Unified  
School  
District# 20

*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**

Blue Corn Meal,  
Sausage Patty, Juice  
Fruit Cups,  
Choice of Milk

#### **Lunch**

Green Chili Pozole  
WG Flour Tortilla  
Romaine Salad  
Ranch Dressing  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Tuesday, February 4

#### **Breakfast**

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

#### **Lunch**

Hamburger Gravy  
Mashed Potato  
Steamed Broccoli  
WG Lunch Roll  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Wednesday, February 5

#### **Breakfast**

WG Toasted  
English Muffin,  
Hash Brown Casserole,  
Fresh Fruit  
Choice of Milk

#### **Lunch**

Chicken Mandarin  
Seasoned Brown Rice  
Asian Vegetables  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Thursday, February 6

#### **Breakfast**

Cream of Wheat,  
WG Toast, Jelly,  
Fresh Fruit,  
Choice of Milk

#### **Lunch**

Grilled Chicken  
Sandwich on Wg Bun  
Gr Leaf/Tomato Slice  
Sweet Potato Fries  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Friday, February 7

#### **Breakfast**

Cinnamon French  
Toast, Syrup,  
Fresh Oranges,  
Choice of Milk

#### **Lunch**

Meat Lasagna  
Garlic Bread Stick  
Hot Mix Veggies  
Romaine Salad  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate 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**

WG Pancakes,  
Sausage Patty,  
Syrup  
Fresh Fruit

#### **Lunch**

Beef Chili w/ Beans  
WG Cornbread  
Steamed Carrots  
Celery Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Tuesday, February 11

#### **Breakfast**

Corn Mush,  
PBJ Sandwich  
Fresh Fruit,  
Choice of Milk

#### **Lunch**

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

### Wednesday, February 12

#### **Breakfast**

Cinn Rolls Or Wg  
Toast Scramble Eggs,  
Fresh Fruit  
Choice of Milk

#### **Lunch**

Corn Dog  
French Fries  
Baked Beans  
Ketchup/Mustard  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Thursday, February 13

#### **Breakfast**

Banana Muffin,  
Assorted Yogurt,  
Fresh Fruit  
Choice of Milk

#### **Lunch**

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

### Friday, February 14

#### **Breakfast**

WG Breakfast Pizza,  
Cheese Sticks  
Fresh Fruit  
Choice of Milk

#### **Lunch**

Ravioli  
Green Peas  
Valentine Treat  
WG Lunch Roll  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

## Happy Valentine's Day!





Every complete meal we serve comes with your choice of milk



Monday, February 17

**Presidents' Day**



**No School Today**

Tuesday, February 18

**Breakfast**

Egg & Sausage Sandwich, Fresh Fruit Assorted Juice, Choice of Milk

**Lunch**

Chicken Bowl (Mashed Potato) Dinner Roll Green Beans Fresh Fruit Choice of Milk HS,MS Alternate Choice

Wednesday, February 19

**Breakfast**

Cinnamon Rolls, Sausage Patty, Tater Tots, Fresh Fruit Choice of Milk

**Lunch**

Chicken Nuggets Steamed Carrots Sliced Bread BBQ Sauce Fruit Mix Choice of Milk HS,MS Alternate Choice

Thursday, February 20

**Breakfast**

Banana Muffin, Assorted Yogurt Fresh Fruit Choice of Milk

**Lunch**

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

Friday, February 21

**Breakfast**

Oatmeal, Cheese Sticks, Fresh Fruit Choice of Milk

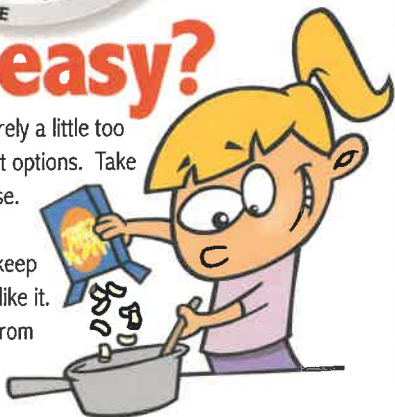
**Lunch**

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



**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**

Egg & Sausage Sandwich, Fresh Fruit Assorted Juice, Choice of Milk

**Lunch**

Turkey Wrap Gr. Chili Chicken Soup Gr. Leaf/Tomato Ranch Dressing Fresh Fruit Choice of Milk HS,MS Alternate Choice

Tuesday, February 25

**Breakfast**

Breakfast Burrito, Salsa, Fresh Banana, Choice of Milk

**Lunch**

Chili Mac WG Dinner Roll Steamed Carrots Cucumber Slices Ranch Dressing Choice of Milk HS, MS Alternate Choice

Wednesday, February 26

**Breakfast**

WG Breakfast Pizza, Cheese Sticks, Fresh Fruit Choice of Milk

**Lunch**

Grilled Chicken Sandwich on Wg Bun Gr Leaf/Tomato Slice Sweet Potato Fries Fresh Fruit Choice of Milk HS,MS Alternate Choice

Thursday, February 27

**Breakfast**

WG Biscuit, Sausage Patty Fresh Fruit Choice of Milk

**Lunch**

Salisbury Steak Mashed Potato Steamed Broccoli Wg Dinner Roll Fresh Fruit Choice of Milk HS, MS Alternate Choice

Friday, February 28

**Breakfast**

WG Bagel, Cream Cheese, Sausage Patty, Fruit Cup Choice of Milk

**Lunch**

Chicken Fajitas Black Beans Shred Lettuce/Tomato Salsa Fresh Fruit Choice of Milk HS, MS Alternate 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!

**Available Daily**  
**@ Middle & High School**  
 Monday: BBQ Pork  
 Tuesday: Deli Sandwich  
 Wednesday: Pepperoni Pizza  
 Thursday: Corndogs  
 Friday: Bean Burrito  
*Menu are subject to change*