

# Menus for FEBRUARY 2026

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



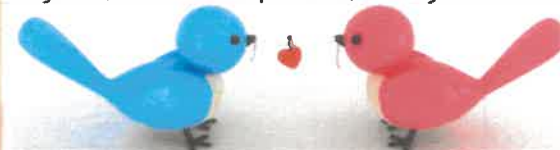
## WEATHERMAN

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

## ANIMAL APPETITES

## POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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

## DON'T 4GET!



...and at least three of the five items total so your meal counts as a complete lunch!

### Monday, February 2

#### Breakfast

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

#### Lunch

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

### Tuesday, February 3

#### Breakfast

WG Breakfast Pizza,  
Fresh Fruits,  
Choice of Milk

#### Lunch

Beef Tacos  
Cilantro Lime Br Rice  
Shred Lettuce/Tomato  
Black Bean Salad  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

### Wednesday, February 4

#### Breakfast

Blueberry Muffin,  
Assorted Yogurt,  
Fresh Fruit  
Choice of Milk

#### Lunch

Sloppy Joe on Wg  
Homemade Bun  
Celery Sticks  
French Fries  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

### Thursday, February 5

#### Breakfast

WG Biscuit, Jelly,  
Scramble Eggs,  
Fresh Fruit  
Choice of Milk

#### Lunch

Mandarin Orange  
Chicken w/ Br. Rice  
Steamed Broccoli  
Carrots/Red Peppers  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

### Friday, February 6

#### Breakfast

Brown Rice w/Raisins  
WG Toast, Jelly  
Fresh Fruit  
Choice of Milk

#### Lunch

Chicken Pot Pie  
Romaine Salad  
Ranch Dressing  
Seasoned Gr Beans  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

### Monday, February 9

#### Breakfast

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

#### Lunch

BBQ Pork Sandwich  
Tex-Mex Beans  
Red Bell Peppers  
Cole Slaw  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

### Tuesday, February 10

#### Breakfast

WG Breakfast Burrito,  
Apple Juice  
Fresh Fruit  
Choice of Milk

#### Lunch

Meatloaf  
Potato Al Gratin  
WG Lunch Roll  
Steamed Carrots  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

### Wednesday, February 11

#### Breakfast

WG Bagel, Cream  
Cheese, Sausage,  
Fresh Fruit  
Choice of Milk

#### Lunch

Turkey Wrap  
Gr Leaf/Tomato  
Celery Sticks  
French Fries  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

### Thursday, February 12

#### Breakfast

Waffle, Syrup  
Scrambled Eggs,  
Fresh Fruits  
Choice of Milk

#### Lunch

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

### Friday, February 13

#### Breakfast

Yellow Cornmeal,  
WG Toast, Jelly  
Fresh Fruit,  
Choice of Milk

#### Lunch

Chicken Nuggets  
Steamed Corn  
Sliced Bread  
Baby Carrots  
Fruited Gelatin  
Choice of Milk  
MS,HS Alternate Choice

Available Daily

@Middle & High School

**Monday: Hamburger**

**Tuesday: Bean Burrito**

**Wednesday: Deli Sandwich**

**Thursday: Pepperoni Pizza**

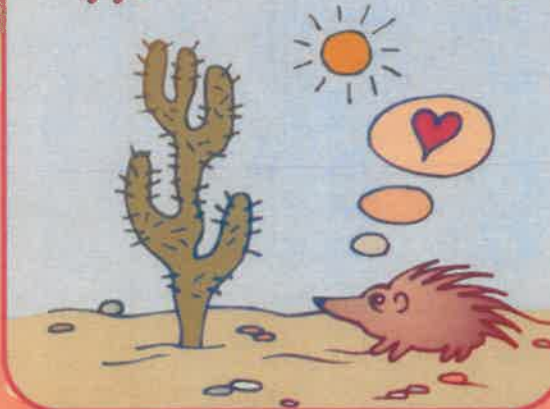
**Friday: Grilled Cheese**

Menu are subject to change.

# 馬 YEAR OF THE HORSE 2026

The Chinese New Year begins with the new moon on February 17th. 2026 is the Year of the Horse.

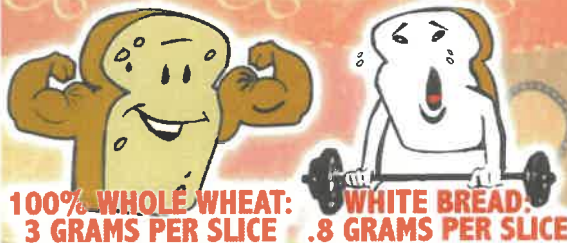
Happy Valentine's Day!



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



**Powerhouse!**



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](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 16**

**Presidents' Day**



**No School**

**Tuesday, February 17**

**Breakfast**

Blue Corn Meal  
Hard Boiled Egg  
Apple Juice, Fruit  
Choice of Milk

**Lunch**

Philly Chicken Sub  
Romaine Salad  
Ranch Dressing  
Seasoned Veggies  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Wednesday, February 18**

**Breakfast**

Turkey Ham, Egg,  
Cheese Sandwich  
Fresh Fruits  
Choice of Milk

**Lunch**

Pork Carnitas  
Blue Corn Bread  
French Fries  
Cole Slaw  
Fresh Fruits  
Choice of Milk  
MS,HS Alternate Choice

**Thursday, February 19**

**Breakfast**

Banana Muffin,  
Assorted Yogurt,  
Fresh Fruits  
Choice of Milk

**Lunch**

Beef Pot Roast  
WG Lunch Roll  
Steamed Carrots  
Green Beans  
Fresh Fruits  
Choice of Milk  
MS,HS Alternate Choice

**Friday, February 20**

**Breakfast**

French Toast Sticks  
Syrup, Tater Tots,  
Assorted Fruits  
Choice of Milk

**Lunch**

Corn Dog  
Macaroni N' Cheese  
Baked Beans  
Ketchup/Mustard  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Monday, February 23**

**Breakfast**

Cream of Wheat  
WG Toast w/Jelly  
Fresh Fruits  
Choice of Milk

**Lunch**

Baked Chicken Drums  
Wg Biscuit  
Steamed Carrots  
Potato Wedges  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Tuesday, February 24**

**Breakfast**

Blueberry Muffin,  
Assorted Yogurt,  
Juice, Fresh Fruit  
Choice of Milk

**Lunch**

Lamb Stew  
WG Fry Bread  
Romaine Salad  
Baked Beans  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Wednesday, February 25**

**Breakfast**

WG English Muffin  
Breakfast Bowl  
Fresh Fruit  
Choice of Milk

**Lunch**

Beef Tips w/Noodles  
Wg Lunch Roll  
Seasoned Gr Peas  
California Veggies  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Thursday, February 26**

**Breakfast**

WG Pancakes  
Syrup, Apple Juice  
Fresh Fruit  
Choice of Milk

**Lunch**

Macaroni & Cheese  
Garlic Toast  
Romaine Salad  
Baby Carrots  
Fresh Fruit  
Choice of Milk  
MS,HS, Alternate Choice

**Friday, February 27**

**Breakfast**

Breakfast Burrito  
Mild Salsa  
Fresh Fruits  
Choice of Milk

**Lunch**

Pepperoni Pizza  
Celery Sticks  
Ranch Dressing  
Cole Slaw  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice