




February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Breakfast Meal Include: Entrée, Milk, and Fruit	3 BREAKFAST Corn Chex Cereal & Educational Cookies LUNCH Slopy Joe Sandwich	4 BREAKFAST Bagel with Cream Cheese LUNCH Baked Chicken Broccoli & Cheese	5 BREAKFAST Yogurt Cup & Belly Bears Graham Crackers LUNCH Turkey & Cheese Croissant Sandwich	6 BREAKFAST Wild Berry Waffle LUNCH Cheese Ravioli	7 No School Today	8 It's Beets Season (January - March, September - November). The main part of the beet is the root.
10  an Valentine's Day	11 BREAKFAST Super Star Corn Muffin LUNCH Chicken Corn & Green Chili Quesadilla	12 BREAKFAST Breakfast Wrap LUNCH Fusilli Pasta with Meat Sauce	13 BREAKFAST Mini Bagel with Strawberry CC LUNCH Chicken Tenders & Cheese Bread Stick	14 BREAKFAST Cheerios Cereal & Cheese Cube LUNCH Chicken Patty Sandwich	15 BREAKFAST Strawberry Chex & String Cheese LUNCH-BRUNCH Waffles and Turkey Sausage Links	16  an Valentine's Day
17 	18 BREAKFAST Apple Frudel LUNCH Hamburger	19 BREAKFAST Snack'n Waffle LUNCH Turkey Spinach & Cranberry Wrap	20 BREAKFAST Bagel with Peanut Butter Cup LUNCH Beef & Broccoli with Brown Rice	21 BREAKFAST Chex Cereal Bowl & String Cheese LUNCH Pizza	22 Join us for FREE breakfast and lunch every day of school	
23	24 BREAKFAST Carrot Bun LUNCH Chicken Apple Salad Sandwich	25 BREAKFAST Cereal Bar & Yogurt Cup LUNCH Baked Ziti	26 BREAKFAST Cinnamon Galzed Pancakes LUNCH Buffalo Chicken Ranch Wrap	27 BREAKFAST Chex Cereal Bowl LUNCH Xtreme Been & Cheese Burrito	28 BREAKFAST Banana Muffin LUNCH Pancake Bites, Yogurt Cup & String Cheese	1 Lunch Meal Include: Entrée, Milk, Fruit and Vegetables

2 3 **Notes**

This institution is an equal opportunity provider.
 *Menu is subject to change without prior notice, based on product availability.
 *Offering Daily Milk choices: 1% White, Fat-Free White, and Fat-Free Chocolate.
 *All bread products served to students are Whole Grain Items

Join us for FREE breakfast and lunch every day of school
Advantages of Eating in The A.M.
 When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University).