

FEBRUARY 2024

Type Your School Name Here

LUNCH



School Information: Cascade Public Schools
Home of the Badgers!



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Grilled Cheese
Tomato Soup
Chips**

5

Grilled Chicken
Broccoli and cheese
Potato Wedges

6

Burritos
Rice
Mexican corn

7

Italian dunkers
Garden salad
Marinara sauce

1

Chicken Patty
Sandwich
Smile fries and mixed
veggies

8

Goulash (ground beef
and elbows)
Carrots

12

Beef Nachos with
Cheese
Black bean and corn
mix

13

Valentine's Day
Chicken tenders
French fries
Bread roll

14

No School

15

Presidents' Day
Pulled pork sandwich
Potato salad
Green beans

19

Pizza sticks
Garden salad

20

Hamburger
Sweet potato fries
Baked beans

21

Grilled ham and cheese
sandwich
Vegetable soup

22

Chicken alfredo
Garlic bread
Broccoli

26

Quesadilla
Chips
Refried beans

27

BBQ chicken
Macaroni and cheese
Green beans

28

Ground beef with
potatoes
Spanish rice

29

2

9

16

23