



**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



# LUNCH

## MONDAY

Italian Dunkers  
Fruit  
Veggies

02

## TUESDAY

Cheeseburger  
Fries  
Fruit  
veggies

03

## WEDNESDAY

Chicken noodle soup  
Breadstick  
Fruit  
Veggies

04

## THURSDAY

Chicken tenders  
Fries  
Fruit  
Veggies

05

## FRIDAY

06

Mostaccioli (penne pasta w  
meat sauce)  
Garlic bread  
Fruit  
Veggies

09

Philly cheesesteaks  
Fries  
Fruit  
Veggies

10

Chicken soup with wild rice  
Bread toll  
Fruit

11

Hot Dogs  
Fries  
Fruit  
Veggies

12

13

**Presidents' Day**  
**Beef Nachos w cheese**  
**Beans**  
**Fruit**

16

Orange Chicken and rice  
Fruit  
Veggies

17

Vegetable beef soup  
Breadstick  
Fruit

18

Pizza  
Side salad  
Fruit  
Veggies

19

20

Pulled pork sandwich  
Potato salad  
Fruit  
Veggies

23

Spaghetti  
Garlic bread  
Fruit  
Veggies

24

Grilled cheese tomato soup  
Fruit  
Veggies

25

Breaded Chicken w bread roll  
Fruit  
Veggies

26

27



### School Information:

Type your school information here.

# FEBRUARY 2026