



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

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

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

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

20

27



School Information:

Type your school information here.

FEBRUARY 2026