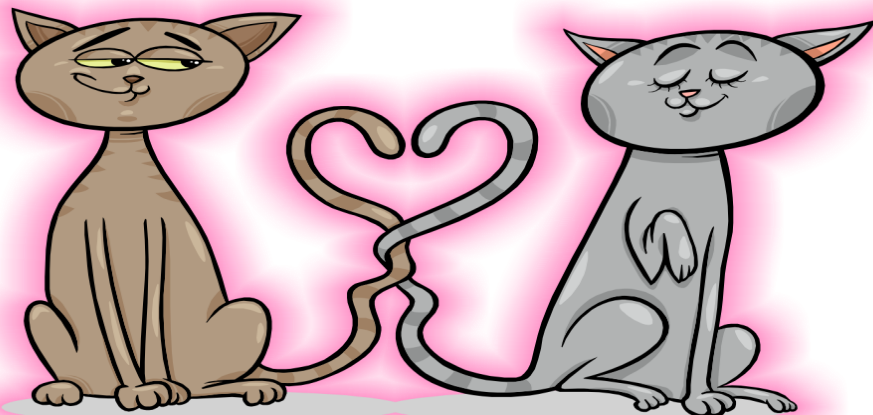


EHS / HS / JK

Menus for
February
2025

Garvey School District



This institution is an equal opportunity provider. Based on availability, Menus are subject to change.

Monday, February 3

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Cheese Breadsticks w/
1 ea Marinara Sauce Dunk Cup
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Grahams
1 ea Low-Fat Milk

Tuesday, February 4

Breakfast

1 ea WG Waffles
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Chicken Sandwich
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Rainbow Goldfish
1 ea Low-Fat Milk

Wednesday, February 5

Breakfast

1 ea Egg Patty & 1 ea WG Toast
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Galaxy Pizza Rounds
1/2 c Green Salad
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Sports Bites
1 ea Low-Fat Milk

Thursday, February 6

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1/2 c Chicken Penne Pasta w/
Marinara Sauce
1/4 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Tuna Salad w/
1 ea Savory Herb Crackers
1 ea Low-Fat Milk

Friday, February 7

Breakfast

1 ea WG Pizza Bagel
1 ea Milk and 1/2 c Fruit

Lunch

6 ea Popcorn Chicken (EHS)
12 ea Popcorn Chicken (HS)
1 ea WG Cornbread
1/4 c Oven Fries
1 ea Milk and 1/2 c Fruit

Snack

1 ea Jungle Crackers
1 ea Low-Fat Milk

Monday, February 10

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Grilled Cheese
Sandwich
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea Cheez-Its
1 ea Low-Fat Milk

Tuesday, February 11

Breakfast

1 ea Egg Patty & 1 ea Hash Browns
1 ea Milk and 1/2 c Fruit

Lunch

1 ea BBQ Chicken Sandwich on
WG Hoagie Rolls
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Dino Bites
1 ea Low-Fat Milk

Wednesday, February 12

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Pizza Slider (EHS)
2 ea WG Pizza Slider (HS)
1/4 c Broccoli
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Cheddar Goldfish
1 ea Low-Fat Milk

Thursday, February 13

Breakfast

1 ea WG Pancakes
1 ea Milk and 1/2 c Fruit

Lunch

1/4 c Teriyaki Chicken &
1/2 c Brown Rice
1/4 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG States & Capitals
1 ea Low-Fat Milk

Friday, February 14

**Lincoln Day
Presidents' Day**

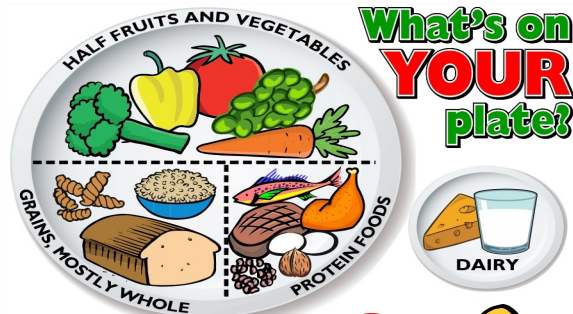


No School Today

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS



Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

HAPPY VALENTINE'S DAY!
FEBRUARY 14

Monday, February 17

Washington Day

Presidents' Day



No School Today

Tuesday, February 18

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

2 ea Chicken Tenders &
1 ea Garlic Texas Toast
1/4 c Oven Fries
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Grahams
1 ea Low-Fat Milk

Wednesday, February 19

Breakfast

1 ea Egg Patty & Sausage
1 ea Milk and 1/2 c Fruit

Lunch

1/2 ea WG Cheese French Bread
Pizza (EHS)
1 ea WG Cheese French Bread
Pizza (HS)
1/2 c Green Salad
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Rainbow Goldfish
1 ea Low-Fat Milk

Thursday, February 20

National Muffin Day
Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2 c Fruit

Lunch

1/4 c Fajita Chicken
& 1 ea Corn Tortilla
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea Savory Crackers
& 1/4 c Tuna Salad
1 ea Low-Fat Milk

Friday, February 21

Breakfast

1 ea WG Pizza Bagel
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Cheese Quesadilla
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea Strawberry Graham
1 ea Low-Fat Milk

Monday, February 24

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Cheesy Pull Aparts w/
1 ea Marinara Sauce Dunk Cups
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Grahams
1 ea Low-Fat Milk

Tuesday, February 25

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Bean & Cheese Burrito
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Fruit

Snack

1 ea Sliced Apples
& 1 ea Sunbutter Cup
1 ea Low-Fat Milk

Wednesday, February 26

Breakfast

1 ea WG French Toast Sticks or
Sample Item: Overnight Oats
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Pizza Slider (EHS)
2 ea Pizza Slider (HS)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Cheddar Goldfish
1 ea Low-Fat Milk

Thursday, February 27

Breakfast

1 ea Egg Patty & Turkey Bacon
1 ea Milk and 1/2 c Fruit

Lunch

1/4 c Mandarin Orange Chicken
& 1/2 c Brown Rice
1/4 c Broccoli
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Giant Cinnamon
Goldfish
1 ea Low-Fat Milk

Friday, February 28

National Pancake Day
Breakfast

1 ea WG Pancakes
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Chicken Taquitos
1/4 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

Available Daily

**MILK IS SERVED AT EVERY
BREAKFAST, LUNCH & SNACK**

**1-2 YR. OLD = 1/2 CUP WHOLE
UNFLAVORED MILK**

**& 2-5 YR. OLD = 3/4 CUP 1%
UNFLAVORED MILK**

**ALL GRAINS OFFERED
ARE WHOLE GRAIN RICH**

**Early Head Start (EHS)
FOOD ITEMS
ARE MODIFIED & ADJUSTED FOR
TODDLERS**

Monday, March 3

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Cheeseburger Slider (EHS)
2 ea Cheeseburger Sliders (HS)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

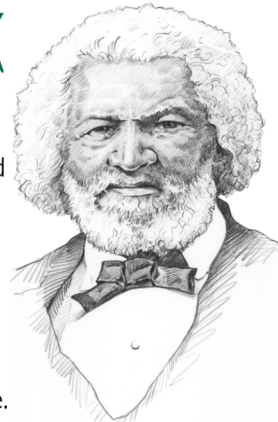
Snack

1 ea WG Cheez Its
1 ea Low-Fat Milk



**FREDERICK
DOUGLASS**

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH
Want to know more? Search for "Frederick Douglass" on-line.

FRUIT

Pear

The skin of a pear contains half of the fruit's fiber and at least three or four times as much of key nutrients like phenols, flavonoids, and cinnamic acid. You don't have to know what these things are -- just know that they're in pears and they're really good for you!

OF THE MONTH