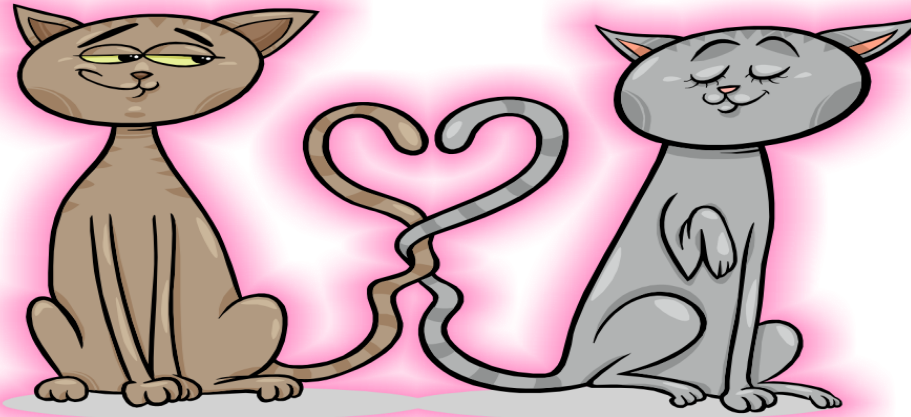



K-8th Grade Menus for February 2025

Garvey School District



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

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
<p>Breakfast WG Blueberry Muffin Milk and Fruit</p> <p>Lunch WG Cheese Breadsticks w/ Marinara Sauce Dunk Cup Green Beans Milk and Fruit</p> <p>Snack WG Scooby Doo Grahams Low-Fat Milk</p>	<p>Breakfast WG Waffles Milk and Fruit</p> <p>Lunch WG Regular or Spicy Chicken Sandwich Baby Carrots Milk and Fruit</p> <p>Snack WG Rainbow Goldfish Low-Fat Milk</p>	<p>Breakfast Egg Patty & WG Toast Milk and Fruit</p> <p>Lunch WG Galaxy Pizza Rounds Green Salad Milk and Fruit</p> <p>Snack WG Vanilla Sports Bites Apple Juice</p>	<p>Breakfast WG Pan Dulce Concha Milk and Fruit</p> <p>Lunch Chicken Penne Pasta w/ Marinara Sauce Mixed Vegetables Milk and Fruit</p> <p>Snack WG Rice Krispies Low-Fat Milk</p>	<p>Breakfast WG Pizza Bagel Milk and Fruit</p> <p>Lunch Popcorn Chicken & WG Pretzel Goldfish Oven Fries Milk and Fruit</p> <p>Snack Multigrain Sunchips Low-Fat Milk</p>
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
<p>Breakfast WG Mini Apple Breakfast Bites Milk and Fruit</p> <p>Lunch WG Grilled Cheese Sandwich Green Beans Milk and Fruit</p> <p>Snack Cheez-Its Low-Fat Milk</p>	<p>Breakfast Egg Patty & Hash Browns Milk and Fruit</p> <p>Lunch BBQ Chicken Sandwich on WG Hoagie Rolls Yellow Corn Milk and Fruit</p> <p>Snack WG Vanilla Dino Bites Low-Fat Milk</p>	<p>Breakfast WG French Toast Sticks Milk and Fruit</p> <p>Lunch Domino's or Papa John's Pizza Broccoli Milk and Fruit</p> <p>Snack WG Cheddar Goldfish Apple Juice</p>	<p>Breakfast WG Pancakes Milk and Fruit</p> <p>Lunch Teriyaki Chicken & Brown Rice Mixed Vegetables Milk and Fruit</p> <p>Snack WG Scoops and Salsa Cups Low-Fat Milk</p>	<p>Lincoln Day <i>Presidents' Day</i></p>  <p><i>No School Today</i></p>

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

*** REMINDER TO ALL PARENTS & STUDENTS ***

A COMPLETE Breakfast or Lunch Meal must be selected by the student to be considered FREE \$0.00!

<p>Take at least 3 One must be a fruit</p>	<p>Take 3-5 One must be a fruit or veggie</p>
BREAKFAST	LUNCH
<small>A COMPLETE BREAKFAST INCLUDES:</small>	<small>A COMPLETE LUNCH INCLUDES:</small>

Student A La Carte Menu Item Prices for SY 24-25

Main Entrée (Breakfast) = \$2.00
Main Entrée (Lunch) = \$3.50
Fruit/Vegetable/Juice = \$.75

HAPPY VALENTINE'S DAY!



FEBRUARY 14

Monday, February 17

Washington Day

Presidents' Day



No School Today

Tuesday, February 18

Breakfast

WG Cereal & Yogurt
Milk and Fruit

Lunch

Chicken Tenders
Oven Fries
Milk and Fruit

Snack

WG Scooby Doo Grahams
Low-Fat Milk

Wednesday, February 19

Breakfast

Egg Patty & Sausage
Milk and Fruit

Lunch

WG French Bread Pizza
Green Salad
Milk and Fruit

Snack

WG Strawberry Grahams
Apple Juice

Thursday, February 20

National Muffin Day

Breakfast

WG Blueberry or Chocolate Chip
Muffin
Milk and Fruit

Lunch

Fajita Chicken
& Corn Tortillas
Yellow Corn
Milk and Fruit

Snack

WG Rainbow Goldfish
Low-Fat Milk

Friday, February 21

Breakfast

WG Pizza Bagel
Milk and Fruit

Lunch

WG Cheese Quesadilla or
Tuna Salad Sandwich
Green Beans
Milk and Fruit

Snack

Multigrain Sunchips
Low-Fat Milk

Monday, February 24

Breakfast

WG Chocolate Chip Benefit Bar
Milk and Fruit

Lunch

WG Cheesy Pull Aparts w/
Marinara Sauce Dunk Cups
Green Beans
Milk and Fruit

Snack

WG Scooby Doo Grahams
Low-Fat Milk

Tuesday, February 25

Breakfast

WG Breakfast Burrito
Milk and Fruit

Lunch

WG Corn Dog or Hot Dog or
WG Bean & Cheese Burrito
Baby Carrots
Milk and Fruit

Snack

Sliced Apples & Sunbutter Cups
Low-Fat Milk

Wednesday, February 26

Breakfast

WG French Toast Sticks or
New Item: Overnight Oats
Milk and Fruit

Lunch

Domino's or Papa John's Pizza
Yellow Corn
Milk and Fruit

Snack

WG Cheddar Goldfish
Apple Juice

Thursday, February 27

Breakfast

Egg Patty & Bacon
Milk and Fruit

Lunch

Mandarin Orange Chicken &
Brown Rice
Broccoli
Milk and Fruit

Snack

WG Giant Cinnamon Goldfish
Low-Fat Milk

Friday, February 28

National Pancake Day

Breakfast

WG Pancakes
Milk and Fruit

Lunch

WG Chicken Taquitos or
New Item: Chicken & Waffles
Mixed Vegetables
Milk and Fruit

Snack

WG Chocolate Chip Cookie
Low-Fat Milk

Available Daily

Offered @ Breakfast
Cereal & Low-Fat Yogurt or
Cereal & String Cheese
Variety of Seasonal Fruits

Offered @ Lunch
Variety of Seasonal Fruits &
& Variety of Fresh Vegetables
at the Salad Bar

Turkey (& Cheese) Sandwiches
or
Chef's Salad
or
Yogurt & Fruit Parfait

Friday, March 3

Breakfast

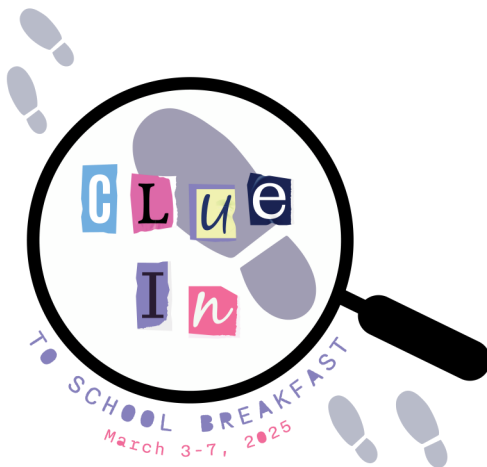
WG Pan Dulce Concha
Milk and Fruit

Lunch

WG Cheeseburger Sliders
Yellow Corn
Milk and Fruit

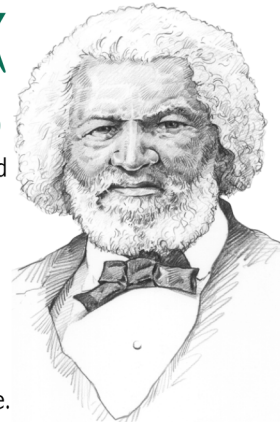
Snack

WG Cheetos Puffs
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.

VEGETABLE OF THE MONTH

Chickpeas

Chickpeas, or garbanzos, are an outstanding plant source of protein, zinc, and iron. Chickpeas are also very high in fiber, and they rival yogurt and milk as a source of calcium.