

# Menus for February 2024

## ELANCO ELEMENTARY CAFETERIA MENU



This institution is an equal opportunity provider. Menus are subject to change.

### Monday, February 5

#### Breakfast

1. Cinni Mini
2. Assorted Muffins  
Fruit/Milk

#### Lunch

1. Max Sticks with Marinara & French Fries
2. Pork & Veggie Dumplings over Stir Fried Rice  
Fruit/Veggies  
Milk

### Tuesday, February 6

#### Breakfast

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit/Milk

#### Lunch

1. Chicken Nuggets
2. Protein Pack-Trix Yogurt/Banana Bread Slice/Cheese Stick
3. Taco Salad  
Macaroni & Cheese  
Baked Beans  
Fruit/Veggies

### Wednesday, February 7

#### Breakfast

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit/Milk

#### Lunch

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad  
Curly fries  
Fruit/Veggies  
Milk

### Thursday, February 8

#### Breakfast

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

#### Lunch

1. Build a Pizza Munchable
2. Chicken patty Sandwich
3. Taco Salad  
Buttered Noodles  
Fruit/Veggies  
Milk

### Friday, February 9

#### Breakfast

1. Egg McSpartan
2. WG Donuts  
Fruit/Milk

#### Super Bowl Lunch

1. Appetizer Basket-Onion Rings, Mozz Sticks, Breaded Mushrooms and Chicken Bites
2. Hot Dog  
Smile Fries  
Fruit/Veggies  
Rice Krispie Treat  
Milk

### Thursday, February 1

#### Breakfast

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

#### Lunch

1. General Tso's Chicken
2. Sea Wonder Fish Shapes
3. Chicken Caesar Salad  
Rice/Broccoli  
Fruit/Veggies  
Milk

### Friday, February 2

#### Breakfast

1. Egg McSpartan
2. WG Donuts  
Fruit/Milk

#### Lunch

1. Cheeseburger
2. Cheese & Meat Nachos  
Sweet Potato Fries  
Fruit/Veggies  
Milk

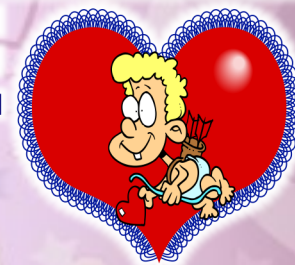
## TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

# YOU'RE GOOD



ALL STUDENTS EAT BREAKFAST@  
**NO COST** ALL YEAR LONG

ELANCO SCHOOL DISTRICT NUTRITION SERVICES

# 2024

# 龍

The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



## YEAR OF THE DRAGON



Every complete meal we serve comes with your choice of milk!



## JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

## AFRICAN AMERICAN HISTORY MONTH



**Monday, February 12**

**Breakfast**

1. Cinni Mini
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. Egg & Cheese Omelet with Cinnamon Roll
2. Assorted Cereal  
Bacon/Tater Tots  
Trix Yogurt  
Fruit/Veggies  
Milk

**Tuesday, February 13**

**Breakfast**

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit/Milk

**Lunch**

1. Pepperoni Pizza
2. Grilled Cheese
3. Spartan Chicken Salad  
Tomato Soup  
Chicken Noodle Soup  
Fruit/Veggies  
Milk

**Wed., February 14**

**Breakfast**

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit/Milk

**Lunch**

1. Popcorn Chicken
2. Roasted Turkey
3. Spartan Chicken Salad  
Mashed Potatoes/Corn  
Dinner Roll  
Fruit/Veggies  
Milk  
Valentine Treat

**Thursday, February 15**

**Breakfast**

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. Cheese Lasagna Roll Ups/Breadstick
2. Bosco Cheese Sticks
3. Spartan Chicken Salad  
Side Salad  
Fruit/Veggies  
Milk

**Friday, February 16**

**No School  
Inservice Day**



*Swans are one of the few animals that will mate for life!*

*Happy Valentine's Day!*

**Monday, February 19**

***Presidents' Day***



***No School Today***

**Tuesday, February 20**

**Breakfast**

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit/Milk

**Lunch**

1. Walking Taco
2. Chicken Fries  
WG Rice  
Black Bean Fiesta  
Fruit/Veggies  
Milk

**Wed., February 21**

**Breakfast**

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit/Milk

**Lunch**

1. Chicken Tenders
2. Granola, Fruit and Yogurt Parfait
3. Chicken Caesar Salad  
Smiley Fries  
Fruit/Veggies  
Milk

**Thursday, February 22**

**Breakfast**

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. General Tso's Chicken
2. Sea Wonder Fish Shapes
3. Chicken Caesar Salad  
Rice/Steamed Broccoli  
Fruit/Veggies

**Friday, February 23**

**Breakfast**

1. Egg McSpartan
2. WG Donuts  
Fruit/Milk

**Lunch**

1. Cheeseburger
2. Cheese & Meat Nachos  
Sweet Potato Fries  
Fruit/Veggies  
Milk

**NUTRITION TO GO**

**Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.**

**A QUICK BITE FOR PARENTS**

**Monday, February 26**

**Breakfast**

1. Cinni Mini
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. Max Sticks with Marinara & French Fries
2. Pork & Veggie Dumplings over Stir Fried Rice  
Fruit/Veggies  
Milk

**Tuesday, February 27**

**Breakfast**

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit/Milk

**Lunch**

1. Chicken Nuggets
2. Hot Dog on WW Roll
3. Taco Salad  
Macaroni & Cheese  
Baked Beans  
Fruit/Veggies  
Milk

**Wed., February 28**

**Breakfast**

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit/Milk

**Lunch**

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad  
Curly fries  
Fruit/Veggies  
Milk

**Thursday, February 29**

**Breakfast**

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

**Lunch**

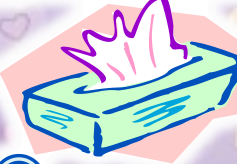
1. Build a Pizza Munchable
2. Chicken patty Sandwich
3. Taco Salad  
Buttered Noodles  
Fruit/Veggies  
Milk

**Floo Powder?**

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



**1 Wash your hands frequently.**



**2 Cover up when you sneeze or cough.**



**3 If you do get sick, stay home.**