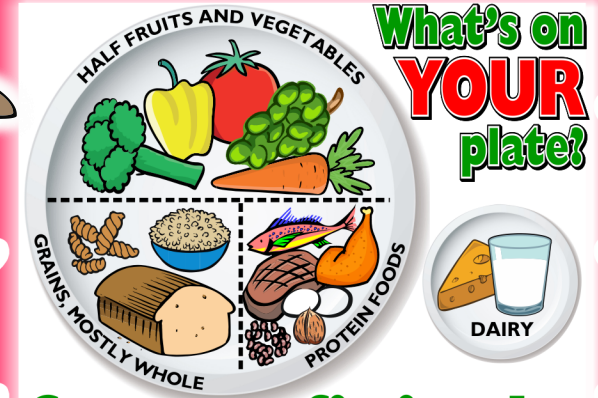
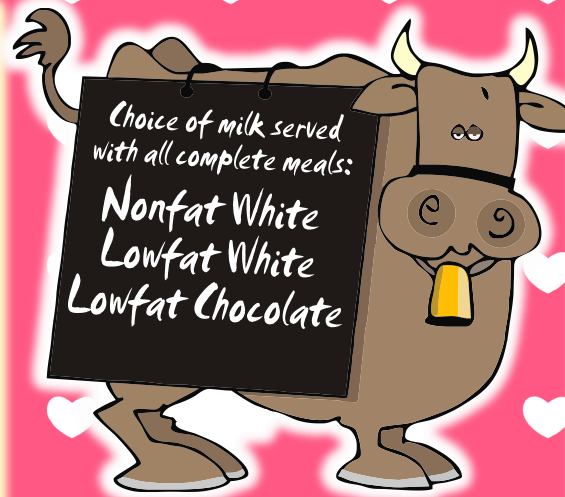


Menus for February 2025

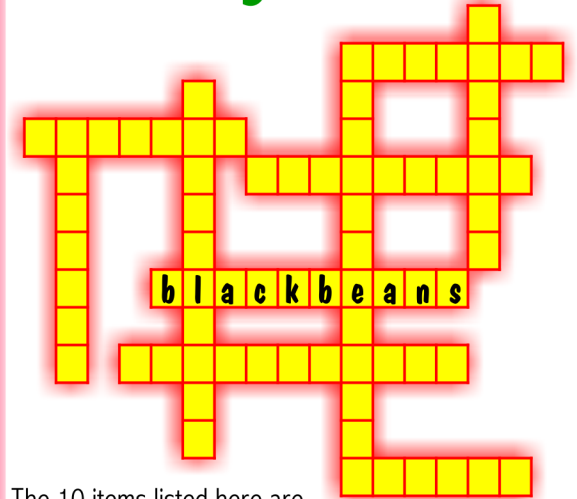
Cocoa Café ECC/ Elementary

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



What's on
YOUR
plate?

Can you fit in the "hearty" foods?



Monday, February 3

Choice of One
French Toast Sticks
w/Turkey Sausage Links
or
Turkey Ham & Cheese
Sandwich
Choice of Two Servings
Hash Brown Potato
Cucumber Slices, Celery
Sticks, Cherry Tomatoes,
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Tuesday, February 4

Choice of One
Walking Taco
or
Turkey Ham & Cheese
Sandwich
Choice of Two Servings
Taco Beans
Cucumber Slices, Celery
Sticks, Cherry Tomatoes,
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Wednesday, February 5

Choice of One
Popcorn Chicken Mashed
Potato Bowl
or
Turkey Ham & Cheese
Sandwich
Choice of Two Servings
Cucumber Slices
Celery Sticks
Cherry Tomatoes
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Thursday, February 6

Choice of One
Cheeseburger on Roll
w/Potato Smiles
or
Turkey Ham & Cheese
Sandwich
Choice of Two Servings
Steamed Broccoli
Cucumber Slices, Celery
Sticks, Cherry Tomatoes,
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Friday, February 7

Choice of One
Macaroni & Cheese
w/Fish Nuggets or
Turkey Ham & Cheese
Sandwich
Choice of Two Servings
Steamed Sliced Carrots
Cucumber Slices
Celery Sticks
Cherry Tomatoes
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Monday, February 10

NO SCHOOL TODAY

Tuesday, February 11

Choice of One
THEME SHAPED Chicken
Nuggets w/Dinner Roll
or Turkey & Cheese or
Pizza Anytimer Meal Kit
Choice of Two Servings
Mashed Potatoes
Green Beans
Fresh Broccoli, Celery Sticks,
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Wednesday, February 12

Choice of One
Birthday Pancakes
w/Yogurt & String Cheese
or
Turkey & Cheese or Pizza
Anytimer Meal Kit
Choice of Two Servings
Fresh Broccoli,
Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Thursday, February 13

Choice of One
NEW ALL BEEF Pretzel Dog
or Chicken Slider
w/Emoji Potato Smiles
or Turkey & Cheese or Pizza
Anytimer Meal Kit
Choice of Two Servings
Baked Beans
Fresh Broccoli, Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

Friday, February 14

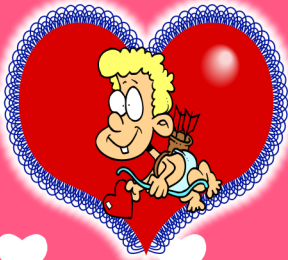
Choice of One
PIZZA PARTY:
BIG DADDY PIZZA
or
Turkey & Cheese or Pizza
Anytimer Meal Kit
Choice of Two Servings
Steamed Broccoli
Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned,
and Dried Fruit
Choice of Milk

The 10 items listed here are
among the many
delicious foods
that are also
good for heart
health! Your
family should make
room for them on your
plates – and you should
also try to fit them in to the
crossword puzzle above!



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

YOU'RE GOOD



ALL STUDENTS EAT BREAKFAST@
NO COST ALL YEAR LONG

D.T.S.D. Food Service

STRANGE BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS – AND EVEN DANGLE FROM ABOVE BY A SINGLE TOE!
– THANKS TO 500,000 TINY HAIRS ON THE SOLES OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE, ENABLING THE GECKO'S FEET TO HOLD ON TO INVISIBLE NOOKS AND CRANNIES ON ANY SURFACE – EVEN THE GLASS WALLS OF AN AQUARIUM.

Monday, February 17

Presidents' Day



No School Today

Tuesday, February 18

Choice of One
Chicken Poppers w/Cereal Blast Waffle
or
Turkey Ham & Cheese Sandwich
Choice of Two Servings
Cucumber Slices, Celery Sticks, Cherry Tomatoes, Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Wednesday, February 19

Choice of One
Beef & Cheese Nachos or
Turkey Ham & Cheese Sandwich
Choice of Two Servings
Lettuce & Tomato Corn, Taco Beans
Cucumber Slices, Celery Sticks, Cherry Tomatoes, Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Thursday, February 20

Choice of One
Chicken Corn Dog Nuggets w/Emoji Potato Smiles
or
Turkey Ham & Cheese Sandwich
Choice of Two Servings
Cucumber Slices
Celery Sticks
Cherry Tomatoes
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Friday, February 21

Choice of One
Chicken Tikka Masala w/Rice
or Turkey Ham & Cheese Sandwich
Choice of Two Servings
Steamed Broccoli
Cucumber Slices
Celery Sticks
Cherry Tomatoes
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Monday, February 24

Choice of One
Apple Cinnamon Texas Toast w/Yogurt
or Turkey & Cheese or Pizza Anytimer Meal Kit
Choice of Two Servings
Fresh Broccoli
Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Tuesday, February 25

Choice of One
Chicken Nuggets w/Tiger Bites
or Turkey & Cheese or Pizza Anytimer Meal Kit
Choice of Two Servings
Potato Smiles, Baked Beans
Fresh Broccoli, Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Wednesday, February 26

NEW DOUBLE DIPPERS
Choice of One
Mozzarella Sticks & Mini Ravioli w/Sauce & Seasoned Pasta
or Turkey & Cheese or Pizza Anytimer Meal Kit
Choice of Two Servings
Fresh Broccoli, Celery Sticks
Pepper Strips,
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Thursday, February 27

Choice of One
Cherry Chicken
or Breaded Chicken Bites w/Steamed Rice or
Turkey & Cheese or Pizza Anytimer Meal Kit
Choice of Two Servings
Steamed Broccoli
Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

Friday, February 28

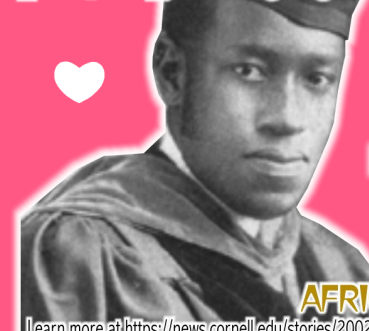
Choice of One
PAN PIZZA
or Turkey & Cheese or Pizza Anytimer Meal Kit
Choice of Two Servings
Fresh Broccoli
Celery Sticks
Pepper Strips
Baby Carrots w/Dip
Choice of Two Servings
Assorted Fresh, Canned, and Dried Fruit
Choice of Milk

NUTRITION TO GO

Eat fresh vegetables as soon as possible after they're purchased. Some veggies, like spinach and green beans, lose up to 75% of their vitamin C within a week of being harvested, even when kept in the refrigerator, and you don't know how many days they spent in transit and in the store.

A QUICK BITE FOR PARENTS

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at <https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd>