

**GROUNDHOG  
DAY  
FEBRUARY  
2ND**

# ELEMENTARY MENUS FEBRUARY 2025

**St. Charles Parish  
Public Schools**



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

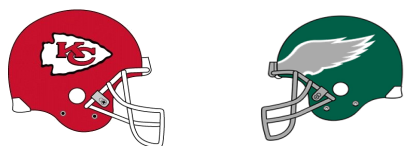
## Available Daily

### Cold Lunch Choice

*With all meals  
Low Fat White Milk  
Fat Free Flavored  
Milk*

*Monday: Sunbutter Sandwich  
Tuesday: Charley Box  
Weds.: Deli Sandwich  
Thursday: Entrée Salad  
Friday: Sunbutter Sandwich*

## SUPER BOWL SUNDAY



**MAY THE BEST  
TEAM WIN!**

### Monday, February 3

#### Breakfast

Pancake on a Stick  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Pulled Turkey on Bun  
Tater Tots  
Cal Blend Veggies  
Baked Cinnamon Apples

### Tuesday, February 4

#### Breakfast

Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Fish Nuggets  
Macaroni & Cheese  
Green Beans  
Cucumber & Tomato Salad  
Pears

### Wednesday, February 5

#### Breakfast

Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Chili, Fritos  
Shredded Cheese  
Garden Salad  
Steamed Corn  
Banana  
Cake or Fruit Crisp

### Thursday, February 6

#### Breakfast

Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### *Early Dismissal*

#### Lunch

Hamburger/Cheeseburger  
Crinkle Cut Fries  
Lettuce/Tomato/Pickle  
Baked Beans  
Orange Wedges

### Friday, February 7

#### Breakfast

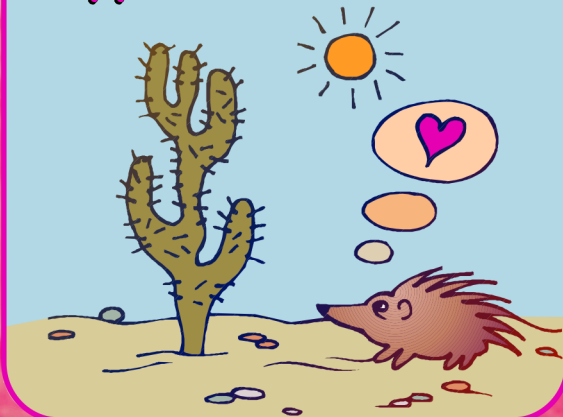
Donut  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### *Early Dismissal*

#### Lunch

Bosco Sticks  
Marinara Sauce Cup  
Fresh Veggies w/Ranch Dip  
Pineapple Tidbits

## Happy Valentine's Day!



### Monday, February 10

#### Breakfast

Breakfast Pizza  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Chicken Tenders  
Waffles  
Green Beans  
Steamed Carrots  
Sliced Peaches

### Tuesday, February 11

#### Breakfast

Chicken Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Orange Chicken  
Fried Rice  
Asian Chopped Salad  
Edamame Beans  
Tropical Fruit

### Wednesday, February 12

#### Breakfast

Cinnamon Roll  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Manager's Choice

### Thursday, February 13

#### Breakfast

Sausage Biscuit  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

Spaghetti & Meat Sauce  
Italian Salad  
Broccoli Florets  
Garlic Bread  
Pineapple Tidbits

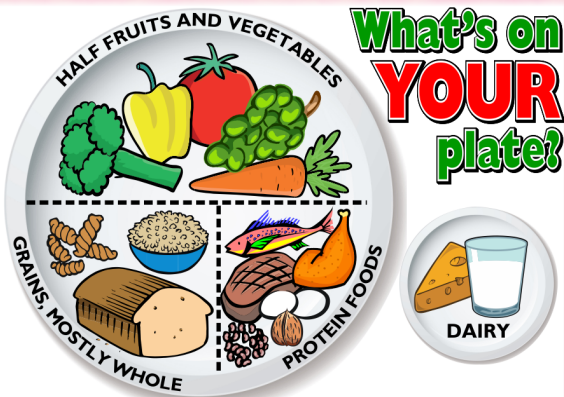
### Friday, February 14

#### Breakfast

French Toast Sticks  
Cereal w/Graham Crackers  
Yogurt w/Tiger Bites  
Fruit or Juice Choice

#### Lunch

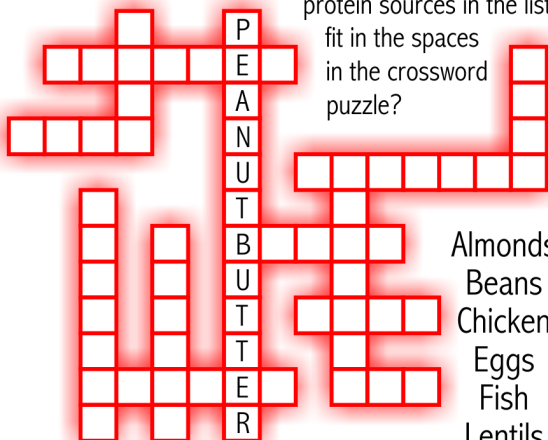
Mini Corn Dogs  
Tater Tots  
Baby Carrots w/Ranch Dip  
Orange Wedges



# Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



Learn more at [www.CHOOSMYPLATE.gov](http://www.CHOOSMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
<b>Breakfast</b> Confetti Pancakes Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
<b>Lunch</b> Totchos Green Beans Steamed Corn Applesauce Corn Bread	<b>Lunch</b> Baked Chicken Loaded Mashed Potatoes Corn or Green Beans WW Roll Apple Wedges	<b>Lunch</b> Beef Vegetable Soup Grilled Cheese Sandwich Garden Salad Banana	<b>Lunch</b> Beef Dippers Macaroni & Cheese Broccoli Florets Baked Beans Pineapple Tidbits Brownie	<b>Lunch</b> Chicken Filet Sandwich Crinkle Cut Fries Lettuce/Tomato/Pickle Fresh Orange Wedges

Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
<b>Breakfast</b> Cheesy Grits or Parfait Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	<b>Breakfast</b> Fresh Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
<b>Lunch</b> Red Beans w/Steamed Rice Seasoned Mustard Greens Steamed Carrots Cornbread Sliced Peaches	<b>Lunch</b> Nachos w/Shredded Cheese Steamed Corn Refried Beans Taco Salad Cup, Salsa Apple Wedges	<b>Lunch</b> Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Banana, Cookie	<b>Lunch</b> Turkey Stew Steamed Rice Candied Sweet Potatoes Steamed Cabbage Strawberry Cup	<b>Lunch</b> Fresh Hot Pizza Marinara Sauce Garden Salad Fresh Orange Wedges

**MARDI GRAS HOLIDAYS**  
**MONDAY, MAR. 3 through FRIDAY, MAR. 7**

**We'll see you on Monday, March 10th!**

**Brain Ticklers**

Which month has 28 days?

(Fold the page upside down and read it in a mirror for the answer!)