

MENUS FOR FEBRUARY 2025

Dry Creek Joint Elementary School District

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

BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



Monday, February 3

Breakfast
SCONE
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)
OR
TURKEY & CHEESE SANDWICH

Tuesday, February 4

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, February 5

Breakfast
BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER & FRIES

Thursday, February 6

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN NOODLE BOWL

Friday, February 7

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS & CHIPS

COOKIE

Monday, February 10

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, February 11

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, February 12

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, February 13

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN RICE BOWL

Friday, February 14

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI AND CHEESE
OR
CHICKEN TENDERS

COOKIE

Many Moons

Native Americans had special names for every full moon of the year. The February full moon was known by some as the "Bony Moon" or "Moon of Great Famine" because food was so scarce.

Happy Valentine's Day!

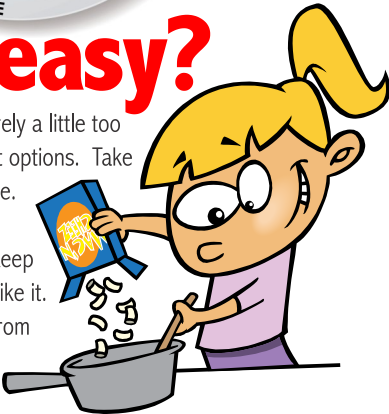
Every complete meal we serve comes with your choice of milk



What's on **YOUR** plate?

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

Monday, February 17

Washington's Birthday



No School Today

Tuesday, February 18



No School Today

Wednesday, February 19



No School Today

Thursday, February 20



No School Today

Friday, February 21

Lincoln's Birthday



No School Today

Monday, February 24

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, February 25

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, February 26

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, February 27

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

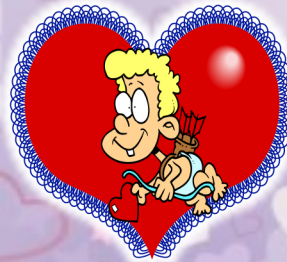
Friday, February 28

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEF'S CHOICE

COOKIE

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

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!