

# Menus for FEBRUARY 2026

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



## WEATHERMAN

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

## ANIMAL APPETITES

## POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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



What's on  
**YOUR**  
plate?



# Powerhouse!



**100% WHOLE WHEAT: 3 GRAMS PER SLICE**



**WHITE BREAD: .8 GRAMS PER SLICE**

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

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

Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Blueberry Muffin with Toast</p> <p><b>Lunch</b> Chicken Nuggets with Roll Sloppy Joe on a Roll PB &amp; J Sandwich Chef Salad with Roll Sides: Baked French Fries /Fresh Veggies Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Breakfast Pizza</p> <p><b>Lunch</b> Cheese Quesadillas with Salsa and Sour Cream Turkey and Cheese Croissant PB &amp; J Sandwich Chef Salad with Roll Sides: Mixed Vegetables /Bean Salad Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Scrambled Eggs with Toast</p> <p><b>Lunch</b> Pasta with Meat Sauce and Garlic Bread Chicken Patty Sandwich PB &amp; J Sandwich Chef Salad with Roll Sides: Caesar Salad/ Fresh Veggies Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Sausage and Cheese Muffin</p> <p><b>"Soup"er Bowl Lunch</b> Cheeseburger on a Roll Pulled Pork BBQ Sandwich PB &amp; J Sandwich Chef Salad with Roll Sides: <b>School Made Chicken Rice Soup</b> Carrots /Fresh Veggies Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Yogurt and Granola</p> <p><b>Pounce's Birthday</b></p> <p><b>Lunch</b> Personal Pizza Fish Sandwich PB &amp; J Sandwich Chef Salad with Roll Sides: Green Beans / Fresh Veggies Fruit Juice and Milk <b>Ice Cream Cup!</b></p>
Monday, February 9	Tuesday, February 10	Wednesday, February 11	Thursday, February 12	Friday, February 13
<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Egg and Cheese Muffin</p> <p><b>Lunch</b> 3 Pierogis with Roll Cheese Steak Hoagie PB &amp; J Sandwich Chef Salad with Roll Sides: Zesty Baked Beans /Fresh Veggies Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or French Toast Sticks</p> <p><b>Taco Tuesday Lunch</b> Beef and Cheese Soft Shell Taco Beef and Cheese with Taco Chips PB &amp; J Uncrustable Chef Salad with Graham Crackers Sides: Golden Corn / Lettuce and Tomato Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Bagel with Cream Cheese</p> <p><b>Lunch</b> Cheese Lasagna Roll up with Sauce and Bread Stick Grilled Chicken Wrap PB &amp; J Sandwich Chef Salad with Roll Sides: Cesar Salad / Fresh Veggies Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Cinnamon Roll</p> <p><b>Lunch</b> Chicken Pot Pie with Roll (Chicken, Gravy and Noodles) Ham and Cheese on Pretzel Roll PB &amp; J Sandwich Chef Salad with Roll Sides: Mixed Vegetables /Fresh Veggies Fruit and Milk</p>	<p><b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Cereal Bar</p> <p><b>Early Dismissal Valentine Lunch</b> Cheesy Pizza Yogurt Cup with Graham Crks PB &amp; J Sandwich Chef Salad with Roll Sides: Steamed Peas / Fresh Veggies <b>Be Mine Fruit Ice and Milk</b></p>

# 馬 YEAR OF THE HORSE



The Chinese New Year begins with the new moon on February 17th. 2026 is the Year of the Horse.



## 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.

<p><b>Monday, February 16</b> <b>Presidents' Day</b></p>  <p><b>No School</b></p>	<p><b>Tuesday, February 17</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Breakfast Pizza <b>Lunch</b> 5 Corn Dog Nuggets with Roll Pulled Chicken BBQ on a Roll PB &amp; J Uncrustable Chef Salad with Roll Sides: Emoji Potatoes / Bean Salad Fruit and Milk</p>	<p><b>Wednesday, February 18</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Blueberry Muffin with Toast <b>Chinese NY Lunch</b> Chinese Inspired Chicken over Noodles Hamburger on a Roll PB &amp; J Sandwich Chef Salad with Roll Sides: Egg Roll / Fresh Veggies Fruit and Milk <b>Fortune Cookie!</b></p>	<p><b>Thursday, February 19</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Cinnamon Roll <b>Lunch</b> Creamy Macaroni and Cheese with Roll Hot Dog on a Roll PB &amp; J Sandwich Chef Salad with Roll Sides: Steamed Broccoli / Fresh Veggies Fruit and Milk</p>	<p><b>Friday, February 20</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Maple Waffle <b>Lunch</b> French Bread Pizza Tuna Salad on a Croissant PB &amp; J Sandwich Chef Salad with Roll Sides: Tossed Salad / Fresh Veggies Fruit Juice and Milk</p>
<p><b>Monday, February 23</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Yogurt with Granola <b>Lunch</b> Popcorn Chicken with Roll BBQ Rib Sandwich PB &amp; J Sandwich Chef Salad with Round Roll Sides: Zesty Baked Bean / Fresh Veggies Fruit and Milk</p>	<p><b>Tuesday, February 24</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Egg and Cheese Muffin <b>Lunch</b> Pasta with Meatballs and Garlic Bread Stick Deli Hoagie PB &amp; J Sandwich Chef Salad with Roll Sides: Ceasar Salad / Fresh Veggies Fruit Ice and Milk</p>	<p><b>Wednesday, February 25</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Bagel with Cream Cheese <b>PA Preferred Lunch</b> Roast Beef with Mushroom Gravy over Noodles Chicken Patty Sandwich PB &amp; J Sandwich Chef Salad with Graham Crackers Sides: Cooked Carrots / Fresh Veggies Fruit and Milk</p>	<p><b>Thursday, February 26</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Funnel Cake <b>Lunch</b> Toasted Cheese Sandwich Fish Sticks with Roll PB &amp; J Sandwich Chef Salad with Round Roll Sides: Tomato Soup with crackers Fresh Veggies Fruit and Milk</p>	<p><b>Friday, February 27</b> <b>Breakfast</b> Choice of Juice, Fruit and Milk Cold Cereal with Toast or Cereal Bar <b>Lunch</b> Cheese Calzone with Sauce Bloom Lunchable PB &amp; J Sandwich Chef Salad with Round Roll Sides: Steamed Peas / Fresh Veggies Fruit and Milk</p>