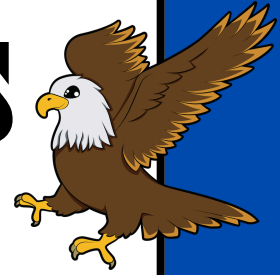


Barbers Hill Independent School District

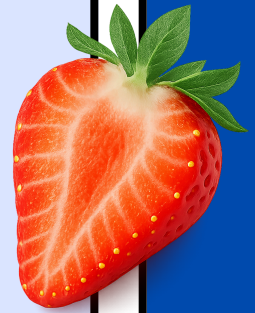
THE EAGLE EATS



February 2026

Nutrition Fact of the Month:

February is Heart Health Month, and strawberries are a heart-healthy choice to celebrate! Strawberries are packed with vitamin C, which supports immune health, and antioxidants that help protect the heart. They're also a good source of fiber, helping keep digestion on track. Naturally sweet and low in calories, strawberries make a great addition to breakfast, lunch, or snacks—fresh, frozen, or blended into smoothies.



Fun fact: One serving of strawberries (about 8 berries) provides more vitamin C than an orange!

Upcoming Dates:

- 2/13: Student Holiday
- 2/14: Valentine's Day
- 2/16: Student Holiday
- 2/27: Go Texan Day
- 3/2: Dr. Seuss' Birthday
- 3/9-3/13: Spring Break

RevTrak:

Make a payment to your student's meal account. Payments made through RevTrak may take up to 24 hours to post to SchoolCafé.

<http://barbershill.revtrak.net/>

Menu Spotlight:

Good news! This February, strawberry milk is coming to the cafeteria at our elementary and intermediate schools. It's a tasty new choice that adds a little fun and flavor to your breakfast and lunch!

Strawberry milk has the same nutrients as white milk, like calcium and vitamin D, which help keep your bones strong and your body growing. It's cool, creamy, and a great way to enjoy milk with your meal.

Be sure to try strawberry milk during February and see if it becomes your new favorite!

