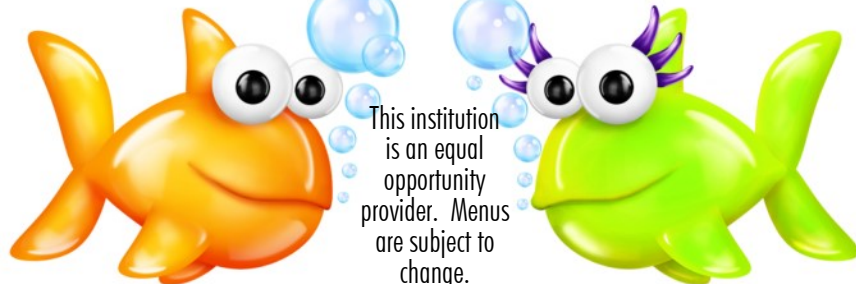


Menus for February 2024

CNMI Public School System,
Child Nutrition Program



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

Monday, February 5

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, February 6

Breakfast

Fried Rice with Portuguese
Sausage
Fruit/Fruit Smoothie

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Tofu Lo Mein
Chinese Cabbage
Carrots
Fruit

Wednesday, February 7

Breakfast

Breakfast Burrito
Fruit/Fruit Smoothie

Lunch

Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, February 8

Breakfast

Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch

Chicken Kelaguen
Titiyas/WGR Tortilla
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, February 9

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

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!

Many Moons

Native Americans had special names for every full moon of the year. One name for the February full moon is the "Shoulder to Shoulder Around the Fire" Moon

2024

龍

The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.

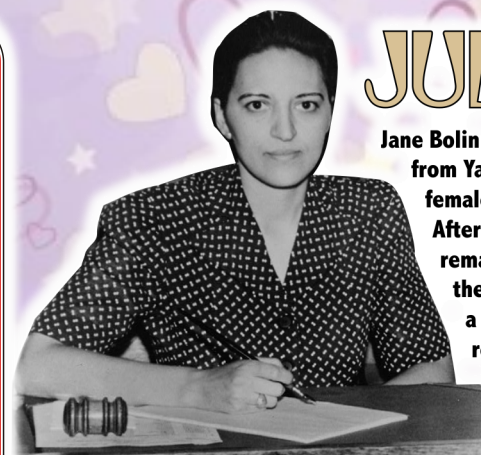


YEAR OF THE DRAGON

Word of the Month

kind·ness

noun 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

**Intercession Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Tuesday, February 13

Breakfast

Ham and Cheese Roll
Fruit/Fruit Smoothie

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice

Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wed., February 14

Ash Wednesday

Breakfast

Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, February 15

Breakfast

Sausage Links
Garlic Fried Rice
Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice

Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, February 16

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

**President's Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Tuesday, February 20

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wed., February 21

Breakfast

Grilled Cheese Sandwich
Fruit/Fruit Smoothie

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, February 22

Breakfast

Grilled Ham with Fried Rice
Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Banh Mi
Pickled Carrots, Radish & Cucumber
Japanese Salad
Fruit

Friday, February 23

Breakfast

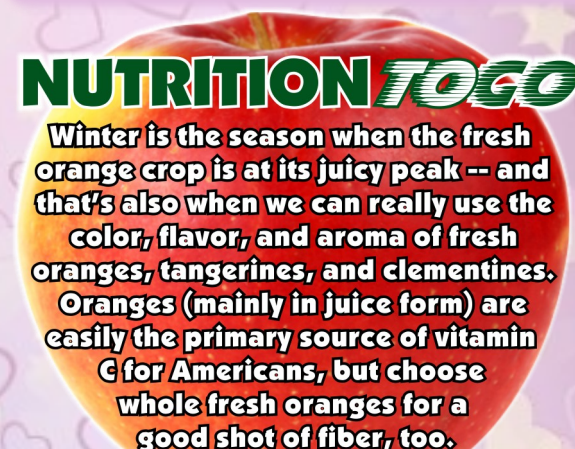
Pancakes with Syrup
Bacon
Fruit

Lunch

Cheese Pizza
Vegetable Sticks & Dip
Fruit
Flavored Milk

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit



A QUICK BITE FOR PARENTS

Monday, February 26

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, February 27

Breakfast

Fried Rice with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wed., February 28

Breakfast

Mac & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, February 29

Breakfast

Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch

Chicken Kelaguen
Titiyas/WGR Tortilla
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.