

MENUS FOR FEBRUARY 2025

CNMI Public School System,
Child Nutrition Program

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
Assorted Cereal
Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, February 4

Breakfast
Ham & Cheese Roll
Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, February 5

Breakfast
Breakfast Burrito
Fruit/Fruit Smoothie

Lunch
Korean Braised Beef
Broccoli & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice
Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, February 6

Breakfast
Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch
Spaghetti Bolognese
WGR Roll
Garden Salad w/ Tomatoes & Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, February 7

Breakfast
French Toast w/ Syrup & Sausage
Fruit

Lunch
Kung Pao Chicken
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit

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.

Monday, February 10

**Intersession Day
Public Schools Closed**

Breakfast
Assorted Cereal
Fruit

Lunch
Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, February 11

Breakfast
French Toast Casserole
w/ Berry Sauce
Sausage Patty
Fruit/Fruit Smoothie

Lunch
Subway Sandwich with Honey Onion Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, February 12

Breakfast
Grilled Cheese
Fruit/Fruit Smoothie

Lunch
Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice
Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, February 13

Breakfast
Ground Beef & Veggie Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, February 14

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
BBQ Chicken
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

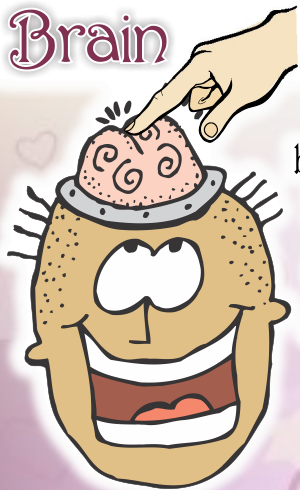
Secondary Second Choice
Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

MAKE TIME.

Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

Brain Ticklers



What is the biggest building in the world?

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

It contains millions of tiny building blocks!

Monday, February 17

Presidents' Day



No School Today

Tuesday, February 18

Breakfast

Grilled Ham
With Fried Rice
Fruit/Fruit Smoothie

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Secondary Second Choice

Vigilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, February 19

Breakfast

Pan de Sal w/ Egg & Cheese
Fruit/Fruit Smoothie

Lunch

Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Carrots
Green Beans
Fruit

Secondary Second Choice

Chicken Pad Thai
Carrots
Green Beans
Fruit

Thursday, February 20

Breakfast

Sausage Links
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Secondary Second Choice

Vigilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, February 21

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fruit

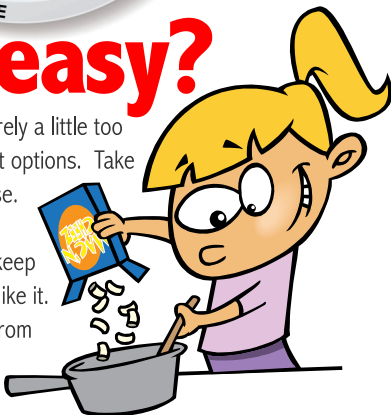
Secondary Second Choice

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fruit



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 24

Breakfast

Assorted Cereal
Fruit

Lunch

Buffalo Chicken Wrap
Corn Succotash
Fruit

Tuesday, February 25

Breakfast

Garlic Fried Rice
with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, February 26

Breakfast

Mac & Cheese
Fruit/Fruit Smoothie

Lunch

Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Secondary Second Choice

Chicken Pancit Canton
Carrots & Cabbage
Fruit

Thursday, February 27

Breakfast

Ham & Egg Scramble
with Steamed Rice
Fruit

Lunch

Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, February 28

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Kimchi Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fruit



A Valentine Sweetie you can live with!

If you usually drink a soda after school, try a delicious cup of hot cocoa instead. Hot cocoa contains lots of "antioxidants," which help fight disease. The healthiest way to make hot cocoa is to use pure cocoa powder (not a packaged mix) with nonfat milk and a little sugar or artificial sweetener for fewer calories. YUMMY!

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

A QUICK BITE FOR PARENTS