

# Menus for FEBRUARY 2026



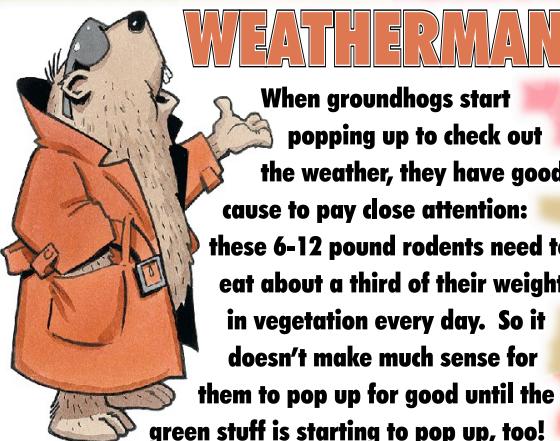
## Powerhouse!



**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.

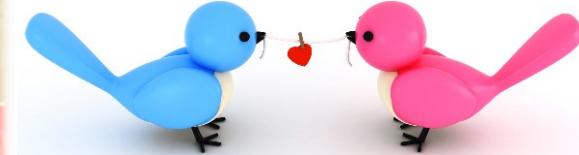
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



## 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!**

### Monday, February 2

**Breakfast**  
Assorted Cereal  
Fruit  
  
**Lunch**  
Chicken Teriyaki  
Steamed Rice  
Garlic Pacific Blend Vegetables  
Fresh Fruit  
  
**DAIRY**

### Tuesday, February 3

**Breakfast**  
Fried Rice w/ Portuguese Sausage  
Fruit/Fruit Smoothie  
  
**Lunch**  
Marianas BBQ Burger  
Sandwich Sides  
Potato Wedges  
Taco Seasoned Lentils  
Fresh Fruit  
  
**Secondary Second Choice**  
Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Taco Seasoned Lentils  
Fresh Fruit

### Wednesday, February 4

**Breakfast**  
Grilled Cheese  
Fresh Fruit/Fruit Smoothie  
  
**Lunch**  
Beef Bulgogi  
Broccoli  
Carrots  
Steamed Rice  
Fresh Fruit  
  
**Secondary Second Choice**  
Chicken Kelaguen w/ Titiyas  
Carrot Sticks & Cucumber Sticks  
w/ Dip  
Fresh Fruit

### Thursday, February 5

**Breakfast**  
Apple Cinnamon Pan Pancakes  
Bacon  
Fresh Fruit/Fruit Smoothie  
  
**Lunch**  
Spaghetti Bolognese  
WGR Roll  
Green Salad w/ Tomatoes & Dressing  
Fresh Fruit  
  
**Secondary Second Choice**  
Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Fresh Fruit

### Friday, February 6

**Breakfast**  
French Toast w/ Syrup  
Sausage  
Fruit  
  
**Lunch**  
Kung Pao Chicken 2.0  
Steamed Rice  
Sesame Broccoli  
Local Vegetables  
Flavored Milk  
Fresh Fruit  
  
**Secondary Second Choice**  
Beef & Broccoli  
Steamed Rice  
Local Vegetables  
Fresh Fruit

### Monday, February 9

**\*No Public School\***  
  
**Breakfast**  
Assorted Cereal  
Fresh Fruit  
  
**Lunch**  
Breaded Chicken w/ Gravy  
Mashed Potatoes  
Corn  
WGR Dinner Roll  
Fresh Fruit

### Tuesday, February 10

**Breakfast**  
Sausage  
Steamed Rice  
Fresh Fruit/Fruit Smoothie  
  
**Lunch**  
Sub Sandwich on WGR Bun  
Green Salad w/ Tomatoes & Dressing  
Italian Bean Salad  
Fresh Fruit  
  
**Secondary Second Choice**  
Chef Salad  
Ham & Boiled Egg  
WGR Cheesy Roll  
Italian Bean Salad  
Fresh Fruit

### Wednesday, February 11

**Breakfast**  
Toasted Ham & Cheese  
Fresh Fruit/Fruit Smoothie  
  
**Lunch**  
Pork Ginger  
Steamed Rice  
Sesame Broccoli & Carrots  
Fresh Fruit  
  
**Secondary Second Choice**  
Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fresh Fruit

### Thursday, February 12

**Breakfast**  
Garlic Fried Rice w/ Chicken Nuggets  
Fresh Fruit/Fruit Smoothie  
  
**Lunch**  
Chicken Alfredo Penne Pasta  
Lemon Garlic Cauliflower & Carrots  
Fresh Fruit  
  
**Secondary Second Choice**  
Chef Salad  
Ham & Boiled Egg  
WGR Cheesy Roll  
Fresh Fruit  
  
**Secondary Second Choice**  
Creole Fish Sandwich w/ Spicy Remoulade Sauce  
Corn & Local Vegetables  
Fresh Fruit

### Friday, February 13

**Breakfast**  
Pancakes w/ Syrup  
Bacon  
Fruit  
  
**Lunch**  
BBQ Chicken  
Red Rice  
Local Vegetables & Corn  
Flavored Milk  
Fresh Fruit  
  
**Secondary Second Choice**  
Creole Fish Sandwich w/ Spicy Remoulade Sauce  
Corn & Local Vegetables  
Fresh Fruit



**NUTRITION TO GO**

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

### A QUICK BITE FOR PARENTS

## 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.

Monday, February 16

**Presidents' Day**



*No School*

Tuesday, February 17

**Breakfast**

Grilled Ham  
w/Fried Rice  
Fresh Fruit/Fruit Smoothie

**Lunch**

Sloppy Joes  
Sweet Potato Fries  
Taco Seasoned Lentils  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Taco Seasoned Lentils  
Fresh Fruit

Wednesday, February 18

**Breakfast**

Grilled Cheese  
Fresh Fruit/Fruit Smoothie

**Lunch**

**Wahoo**  
Honey Ginger Green Beans  
Red Rice  
Carrots  
Fresh Fruit

**Secondary Second Lunch**

Chicken Nuggets w/Dipping Sauce  
Seasoned Potato Wedges  
Honey Ginger Green Beans  
WGR Dinner Roll  
Fresh Fruit

Thursday, February 19

**Breakfast**

Fried Rice  
w/ Portuguese Sausage  
Fresh Fruit

**Lunch**

Beef Lasagna  
Garlic Cauliflower & Spinach  
Fresh Fruit

**Secondary Second Choice**

Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Fresh Fruit

Friday, February 20

**Breakfast**  
French Toast w/ Syrup  
Fruit

**Lunch**

**Wahoo**  
Red Rice  
Corn & Local Vegetables  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**

Korean Chicken Bowl  
Steamed Rice  
Corn & Local Vegetables  
Fresh Fruit

Monday, February 23

**\*No Public School\***

**Breakfast**

Assorted Cereal  
Fresh Fruit

**Lunch**

Thai Beef Noodle Bowl  
Red Bell Peppers  
Mixed Vegetables  
Fresh Fruit

Tuesday, February 24

**Breakfast**

Garlic Fried Rice w/  
Chicken Nuggets  
Fresh Fruit/Fruit Smoothie

**Lunch**

Chicken Burger  
Green Salad w/ Cucumber  
Carrots w/ Dressing  
Fresh Fruit

**Secondary Second Choice**

Chicken Ceasar Salad  
WGR Garlic Bread & Croutons  
Fresh Fruit

Wednesday, February 25

**Breakfast**

Pancakes w/ Syrup  
Bacon  
Fresh Fruit/Fruit Smoothie

**Lunch**

Pork Curry  
Steamed Rice  
Potatoes & Carrots  
Fresh Fruit

**Secondary Second Choice**

Buffalo Chicken Sliders on  
WGR Dinner Roll  
Corn Succotash  
Fresh Fruit

Thursday, February 26

**Breakfast**

Ham & Egg Scramble  
Steamed Rice  
Fresh Fruit/Fruit Smoothie

**Lunch**

Pepperoni Pizza  
Broccoli  
Spanish Chickpeas  
Fresh Fruit

**Secondary Second Choice**

Chicken Ceasar Salad  
WGR Garlic Bread & Croutons  
Spanish Chickpeas  
Fresh Fruit

Friday, February 27

**Breakfast**  
Mac & Cheese 2.0  
Fruit

**Lunch**

**Wahoo**  
Steamed Rice  
Pumpkin & Local Vegetables  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**

Kimchee Fried Rice  
w/ Chicken Bowl  
Pumpkin & Local Vegetables  
Fresh Fruit