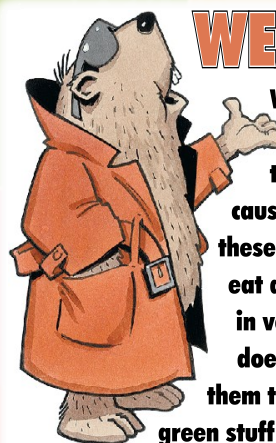


Menus for FEBRUARY 2026

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



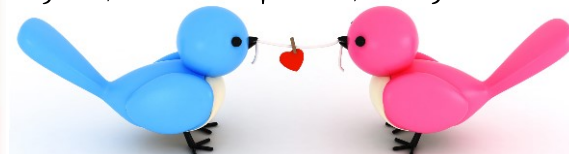
WEATHERMAN

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.

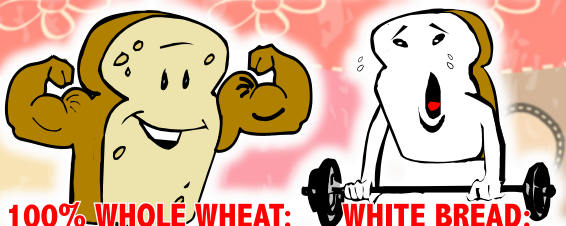
February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 2

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Teriyaki
Steamed Rice
Garlic Pacific Blend Vegetables
Fresh Fruit

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

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

馬 YEAR OF THE HORSE 2026

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

PORTRAITS OF **SPECTACULAR** Athletes



Winter Olympics February 6-22 Milano-Cortina, Italy

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 |