



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate



MONDAY

Spaghetti w Meat Sauce
(V) Spaghetti Marinara
Steamed Green Bean
Fresh Sliced Apple

02

TUESDAY

Turkey Soft Taco (1)
(V) Black Bean & Corn Taco
Lettuce & Tomato Salad
Fresh Pineapple

03

WEDNESDAY

Chicken Broccoli Rice
Casserole
(V) Broccoli Rice Casserole
Orange Wedge

04

THURSDAY

Herb Roasted Chicken
(v) Herb Roasted Tofu
Ranch Potato Wedge
Corn w/ Peppers
Fresh Melon

05

FRIDAY

Pepperoni Pizza
(V) Vegan Pizza
Pasta Salad
Orange Wedge

06

Chicken Alfredo w Penne
(V) Penne Marinara
Steamed Broccoli
Sliced Apples

09

Mexican Rice Bowl w Chicken
(V) Mexican Rice Bowl
Lettuce & Tomato Salad
Fresh Pineapple

10

(V) Pancakes w/ Maple Syrup
(Reg, V) Sausage Patty
Breakfast Potato
Orange Wedge

11

WG Chicken Nuggets w/ BBQ
(V) Veggie Nuggets
Steamed Green Beans
Apple Sauce

12

Hamburger on WG Bun
(V) Vegan Burger
Ranch Potato Wedge
Mixed Vegetables
½ Banana

13

Presidents' Day
Mac & Cheese w/ Chicken
(V) Vegan Mac & Cheese
Seasoned Green Beans
Fresh Apple Slices

16

Bean & Cheese Nachos
(V) Vegan Nachos
Black Bean & Corn Salad
Fresh Orange Wedge

17

Teriyaki Chicken Rice Bowl
(V) Teriyaki Vegan Bowl
Steamed Broccoli
Fresh Fruit
1%Milk

18

Smoked Turkey Sub
(V) Roasted Vegetable Sub
Roasted Diced Sweet Potato
Steamed Carrots
Diced Fresh Cantaloupe

19

WG Chicken Nuggets w/ BBQ
(V) Veggie Nuggets
Steamed Broccoli
Mixed Vegetable
Apple Sauce

20

Creamy Penne Alfredo
(V) Penne Marinara
Soft Roll
Steamed Broccoli
Fresh Melon

23

Chicken Quesadilla
(v)Bean & Corn Quesadilla
Seasoned Corn w/ Pepper
Apple Slices

24

3 Cheese Baked Ziti
(V) Vegan Baked Ziti
Salad w/ Cucumber & Tomato
Orange Wedge

25

BBQ Chicken Leg (Sub Tots)
(V) BBQ Vegan Tofu
Mac & Cheese
Blackeye Peas
Orange Wedge

26

Chicken Patty on Bun
(V) Veggie Patty on Bun
Steamed Broccoli
Fresh Sliced Orange Wedge

27



School Meals Provided BY:
Nourish Food Service LLC.

FEBRUARY 2026