

**BREAKFAST****FEBRUARY 2026**

LJSH

19 Days

Milk and Juice Served with Meal

**Monday****Tuesday****Wednesday****Thursday****Friday****2**Chocolate Chip Bar  
String Cheese  
Pears**3**Cereal  
Yogurt  
Baked Apples**4**Apple Frudel Stick  
Cheese Cubes  
Peaches**5**French Toast Sticks  
Syrup  
Pears**6**Biscuits & Gravy  
Mandarin Oranges**9**Cinnamon Toast Crunch Bar  
String Cheese  
Applesauce**10**Cereal  
Yogurt  
Applesauce**11**Cinnamon Roll  
Cheese Cubes  
Mandarin Oranges**12**Pancake & Sausage  
Sandwich  
Pears**13**Cheese Omelet  
Tri-Tator  
Applesauce**16**

NO SCHOOL

**17**Cereal  
Yogurt  
Fruit Cup**18**Apple Frudel Stick  
Cheese Cubes  
Mandarin Oranges**19**Pancake & Sausage  
Sandwich  
Fruit Cup**20**Biscuits and Gravy  
Peaches**23**Poptart  
String Cheese  
Mixed Fruit**24**Cereal  
Yogurt  
Peaches**25**Cinnamon Roll  
Cheese Cubes  
Fruit Cup**26**Pancake & Sausage  
Sandwich  
Mandarin Oranges**27**Cheese Omelet  
Tri-Tator  
Pineapple

"Designate a snacking zone: Only allow snacking in certain areas, such as the kitchen, and avoid serving snacks during screen time. You'll save your child countless calories from mindless munching. For snacks on the go, offer a banana, string cheese, yogurt sticks, cereal bars, carrot sticks or other less messy foods. Schedule snacks so that they don't interfere with a healthy meal. Skip snacks and juice within two hours of mealtime so that your child is hungry enough to eat with gusto a balanced, nutritious meal. Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!" ([www.mayoclinic.org](http://www.mayoclinic.org))



LUNCH

## FEBRUARY 2026

LJSH

19 Days  
Milk served with Meal

Monday

Tuesday

Wednesday

Thursday

Friday

Hamburger on Bun  
Tri-Tator  
Green Beans  
Apple Crisp

Turkey & Gravy over Biscuit  
Mashed Potatoes  
Peas  
Peaches

Pulled Pork on Bun  
French Fries  
Baked Beans  
Pears

Cheese Quesadilla  
Salsa  
Salad  
Mandarin Oranges

Walking Taco  
Corn  
Applesauce

Breaded Chicken  
Patty on Bun  
Chips and Salsa  
Green Beans  
Applesauce

Hot Pork Tenderloin on  
Bread w/Gravy  
Mashed Potatoes  
Peas  
Mandarin Oranges

Corn Dog  
Tri-Tator  
Baked Beans  
Pears

Pork Tacos  
Corn  
Applesauce

Pepperoni Calzone  
Marinara  
Broccoli  
Peaches

NO SCHOOL

BBQ Grilled Chicken Breast  
Mashed Potatoes w/Gravy  
Green Bean Cass.  
Mandarin Oranges

11:30 Dismissal  
PB & J  
Chips and Salsa  
Slushy Cup  
Fruit Cup

Chili or Hamburger Soup  
Raw Veggies  
Peaches

Cheese Pizza  
Salad  
Carrots  
Mixed Fruit

Cheese Breadsticks  
Marinara  
California Blend w/Cheese  
Peaches

Chicken Strips  
Mashed Potatoes w/Gravy  
Corn  
Apple Crisp

Hot Ham & Cheese on Bun  
Tri-Tator  
Baked Beans  
Mandarin Oranges

Sweet & Sour  
Chicken over Rice  
Egg Roll  
Broccoli  
Pineapple

Cheese Quesadilla  
Salsa  
Salad  
Pears

2

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