

2025

FEBRUARY

LJSH BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cinnamon Toast Crunch Bar String Cheese Pineapple	4 Cereal Yogurt Pears	5 Cherry Frudel String Cheese Peaches	6 French Toast with Syrup Fruit Cup	7 Biscuit and Gravy Mandarin Oranges
10 Nutri-Grain Bar String Cheese Fruit Cup	11 Cereal Yogurt Applesauce	12 Cinnamon Frudel String Cheese Mixed Fruit	13 French Toast with Syrup Mandarin Oranges	14 Egg and Ham Pocket Tri-Tater Applesauce
17 NO SCHOOL PRESIDENTS' DAY	18 Cereal Yogurt Fruit Cup	19 Cherry Frudel String Cheese Peaches	20 French Toast with Syrup Mixed Fruit	21 Biscuit and Gravy Applesauce
24 Poptart String Cheese Pineapple	25 Cereal Yogurt Mixed Fruit	26 Cinnamon Frudel String Cheese Peaches	27 French Toast with Syrup Pears	28 Egg and Ham Pocket Tri-Tater Applesauce

“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)

2025

FEBRUARY

LISH LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Chicken Patty on Bun Fries Green Beans Pears</p>	<p>4</p> <p>Country Fried Steak Mashed Potatoes and Gravy Corn Peaches</p>	<p>5</p> <p>Chili Grilled Cheese Carrots with Dip Pears</p>	<p>6</p> <p>Cheese Quesadilla Salsa Salad Mandarin Oranges</p>	<p>7</p> <p>BBQ or Hot Dog on Bun Chips and Salsa Veggies and Dip Fruit</p>
<p>10</p> <p>BBQ Rib on Bun Sweet Potato Fries California Blend Veg. Applesauce</p>	<p>11</p> <p>Chicken Strips Mashed Potatoes with Gravy Peas Mixed Fruit</p>	<p>12</p> <p>Hot Ham & Cheese Sandwich French Fries Baked Beans Mandarin Oranges</p>	<p>13</p> <p>Beef and Cheese Taco Corn Applesauce</p>	<p>14</p> <p>Pepperoni Calzone with Marinara Side Salad Pears</p>
<p>17</p> <p>NO SCHOOL PRESIDENTS' DAY</p>	<p>18</p> <p>Corn Dog Tri-Tater Baked Beans Peaches</p>	<p>19</p> <p>11:30 Dismissal Peanut Butter & Jelly Uncrustable Chips and Salsa Slushy Mixed Fruit</p>	<p>20</p> <p>Chicken Strips Alfredo Pasta Cole Slaw California Blend Veg. Applesauce</p>	<p>21</p> <p>New Orleans Chicken over Rice Egg Roll w/Sweet & Sour Broccoli Pineapple</p>
<p>24</p> <p>Chicken Patty on Bun Chips and Salsa Broccoli Mixed Fruit</p>	<p>25</p> <p>Salisbury Steak with Brown Gravy Mashed Potatoes and Gravy Corn Peach Crisp</p>	<p>26</p> <p>Toasted Ravs Breaded Cheese Stick Marinara Salad Pears</p>	<p>27</p> <p>Spaghetti with Meat Sauce Green Beans Salad Applesauce</p>	<p>28</p> <p>Pizza Salad Carrots Mandarin Oranges</p>

“Do strength training exercises for all major muscle groups at least two times a week. One set of each exercise is enough for health and fitness benefits. Use a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.” (mayoclinic.org)