



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

WG Corn Dog 1 ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit 4 oz
Milk 8 FL

TUESDAY

WG Chicken Nuggets 3 oz
Mashed Potato w/Gravy 4 oz
WG Dinner Roll 1 ea.
Steamed Corn 4 oz
Fruit, Milk 4 oz, 8 FL

WEDNESDAY

BBQ Meatballs 3 oz
Steamed Carrots 4 oz
WG Dinner Roll 1 ea.
Fruit 4 oz
Milk 8 FL

THURSDAY

WG Cheese Pizza 1 ea.
Romain Salad w/Ranch 3/4
Fruit 4 oz
Milk 8 FL

FRIDAY

WG Beef Nachos 1 ser.
Refried Beans 4 oz
Salsa 1 oz
Fruit 4 oz
Milk 8 FL

Cheeseburger on a WG
Bun 3 oz, 1 ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Orange Chicken 3 oz
Brown Rice 4 oz
California Blend 4 oz
Fruit 4 oz
Milk 8 FL

WG Grilled Cheese 1 ea.
Tomato Soup 4 oz
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 FL

*Pulled Pork 3 oz
WG Bun 1 ea.
Smile Fries 4 oz
Fruit 4 oz
Milk 8 FL

WG Italian Dunker 1 ea.
Marinara Sauce 2 oz
Baby Carrots w/Ranch 4 oz
Fruit 4 oz
Milk 8 FL

Presidents' Day

**NO
SCHOOL**

Beef Hot Dog WG Bun 1 ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit 4 oz
Milk 8 FL

Chicken Alfredo w/WG 4 oz
Pasta 3/4C
WG Garlic Bread 1 ea.
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 FL

Walking Taco 1 ea.
w/Fixings 2 oz, 2 oz
Refried Beans 4 oz
Fruit 4 oz
Milk 8 FL

Cheese Pizza 1 ea.
Baby Carrots w/Ranch 4 oz
Chip, Cookie 1 oz, 1 oz
Fruit 4 oz
Milk 8 FL

WG Chicken Patty on a WG
Bun 3 oz, 1 ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

Spaghetti W/Sauce 3/4C 4
WG Garlic Bread 1 ea.
Steamed Broccoli 4 oz
Fruit 4 oz
Milk 8 FL

Chicken Tacos 2 ea.
w/Fixings 2 oz, 2 oz
Refried Beans 4 oz
Fruit 4 oz
Milk 8 FL

WG Mac & Cheese 3/4C
WG Garlic Bread 1 ea.
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 FL

Mini Corn Dogs 1 Ser.
French Fries 4 oz
Baby Carrots w/Ranch 4 oz
Fruit 4 oz
Milk 8 FL

*This institution is
and equal opportunity
provider.

*WG= Whole Grain
1 percent milk provided
daily.



*Fresh
vegetables
available daily.



St. John's Lutheran School

FEBRUARY 2026