

2025

FEBRUARY

ALLEN BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Cereal Goldfish Crackers Applesauce Juice and Milk</p>	<p>4</p> <p>Mini Cinnamon Rolls Peaches Juice and Milk</p>	<p>5</p> <p>Breakfast Burrito Pears Juice and Milk</p>	<p>6</p> <p>Egg, Ham, and Cheese Pocket Pineapple Juice and Milk</p>	<p>7</p> <p>French Toast Sticks w/Syrup Pears Juice and Milk</p>
<p>10</p> <p>Cereal Bar String Cheese Mixed Fruit Juice and Milk</p>	<p>11</p> <p>Pancake and Sausage Sandwich Applesauce Juice and Milk</p>	<p>12</p> <p>Poptart Cheese Cubes Peaches Juice and Milk</p>	<p>13</p> <p>Chocolate Chip Granola Bar Yogurt Blueberries Juice and Milk</p>	<p>14</p> <p>Donut Cheese Cubes Mixed Fruit Juice and Milk</p>
<p>17</p> <p>NO SCHOOL PRESIDENTS' DAY</p>	<p>18</p> <p>Waffles with Syrup Pears Juice and Milk</p>	<p>19</p> <p>Breakfast Burrito Peaches Juice and Milk</p>	<p>20</p> <p>National Muffin Day Muffin Yogurt Blueberries Juice and Milk</p>	<p>21</p> <p>Omelet with Cheese Pineapple Juice and Milk</p>
<p>24</p> <p>Cereal Goldfish Crackers Applesauce Juice and Milk</p>	<p>25</p> <p>Biscuit with Gravy Pears Juice and Milk</p>	<p>26</p> <p>Breakfast Pizza Pineapple Juice and Milk</p>	<p>27</p> <p>Chocolate Chip Granola Bar Yogurt Blueberries Juice and Milk</p>	<p>28</p> <p>National Pancake Day Pancake and Sausage Sandwich Mandarin Oranges Juice and Milk</p>

“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

ALLEN LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Cheeseburger on Bun Tater Tots Baked Beans Applesauce</p>	<p>4</p> <p>Cheese Quesadilla Salsa Corn Pineapple</p>	<p>5</p> <p>BBQ Pulled Pork on Bun Mashed Potatoes with Gravy Green Beans Pears</p>	<p>6</p> <p>SUPER BOWL LUNCH Hot Dog on Bun French Fries Celery and Carrot Sticks w/Ranch Peaches</p>	<p>7</p> <p>Cheese Ravioli with Marinara Peas and Carrots Mixed Fruit</p>
<p>10</p> <p>BBQ Rib on Bun Sweet Potato Fries Baked Beans Mixed Fruit</p>	<p>11</p> <p>Chicken Strips Mashed Potatoes with Gravy Peas Peaches</p>	<p>12</p> <p>Hot Ham & Cheese Sandwich French Fries Carrots Applesauce</p>	<p>13</p> <p>Beef and Cheese Taco Side Salad Corn Pineapple</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>Mac and Cheese Peas and Carrots Pears Cookie</p>	<p>19</p> <p>11:30 Dismissal Peanut Butter & Jelly Uncrustable Celery and Carrot Sticks Applesauce</p>	<p>20</p> <p>Spaghetti with Meat Sauce Green Beans Peaches</p>	<p>21</p> <p>BBQ Pulled Pork on Bun Tater Tots Baked Beans Applesauce</p>
<p>24</p> <p>Sloppy Joe on Bun Tater Tots Baked Beans Applesauce</p>	<p>25</p> <p>Chicken and Cheese Taco Side Salad Corn Pineapple</p>	<p>26</p> <p>Mini Corn Dogs French Fries Carrots Mixed Fruit</p>	<p>27</p> <p>Chicken Alfredo Peas Pears Cookie</p>	<p>28</p> <p>Bosco Sticks with Marinara Green Beans Peaches</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)