

Menus for February 2024

Waverly Middle School
District 145



This institution is an equal opportunity provider. Menus are subject to change.



Monday, February 5

Breakfast

Breakfast Cookie 44g
And/or Cereal Bowl
Fruit, 100% Juice,
Milk

Lunch

Bacon Double
Cheeseburger –
33g
Fries 44g

Tuesday, February 6

Breakfast

Cocoa Puff Pastry 45g &
Cereal Bowl, Fruit, 100%
Juice Milk

Lunch

Turkey, Cheese,
lettuce Sandwich
28g
Avocado Spread
4g
Grain Chip

Wed, February 7

Breakfast

French Toast Sticks 38g
& Cereal Bowl Fruit,
100% Juice, Milk

Lunch

Hot Dog 29g
Sour Cream &
Chive Potato
Wedges 25g

Thursday, February 8

Breakfast

WG Cinni Minnis - 35g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

BBQ Shredded
Pork Sandwich 18g
on Hoagie Bun 26g
Fresh Fruit, Fresh
Vegetable
WG Corn Chips

Friday, February 9

Breakfast

Mini Waffles - 35g &
Cereal Bowl Fruit, 100%
Juice, Milk

Lunch

Corndog 30g
&
Fries – 44g

Thursday, February 1

Breakfast

Chef's Choice
Lunch

Chef's Choice

Friday, February 2

Breakfast

Waffle Sandwich 15g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

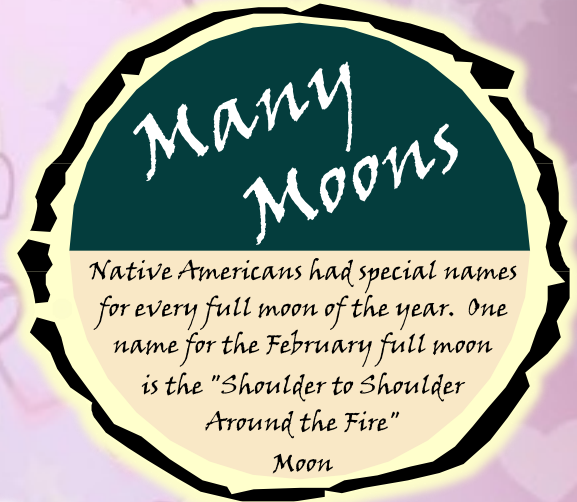
Home-style
"Viking" Cheese
Pizza 33g
WG Cookie
Milk

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



2024

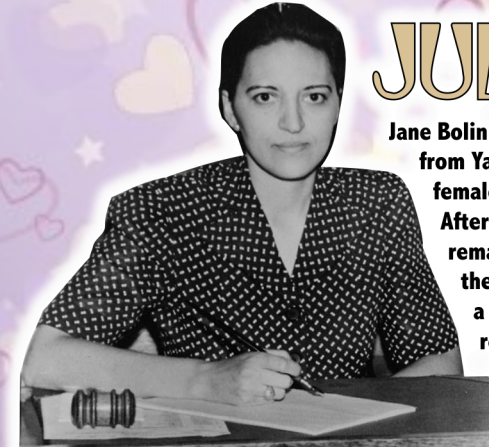
龍

The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.

YEAR OF THE DRAGON



Every complete meal we serve comes with your choice of milk!



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Popcorn Chicken 19g Dipping Sauce Dinner Roll 20g WG Chip

Tuesday, February 13

Breakfast

Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Softshell Chicken Taco 54g Spanish Rice 38g & Dorito Chips Sour Cream/Salsa

Wed., February 14

Breakfast

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice

Lunch

Three Cheese Calzone 31g Red Sauce WG Chip

Thurs, February 15

Breakfast

Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Rotini & Meat Sauce 82g Cheese Breadstick 25g

Friday, February 16

No School



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Breaded Chicken Sandwich 34g Fries 44g

Wed., February 21

Breakfast

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Waffles 31.1g & Sausage Patties 0g Egg Patties 19g

Thurs, February 22

Breakfast

, WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

FFA WEEK!
Blue & Gold Nachos (blue & yellow tortillas chips, seasoned local ground beef, shredded cheese)
Salsa, sour cream, shredded lettuce Slushie Cup

Friday, February 23

Breakfast


Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Fish Sticks 33g Fries 44g Tarter Sauce 0g 2-Dinner Roll (20g each)

VEGETABLE

Chickpeas



Chickpeas, or garbanzos, are an outstanding plant source of protein, zinc, and iron. Chickpeas are also very high in fiber, and they rival yogurt and milk as a source of calcium.

OF THE MONTH

Monday, February 26

Breakfast

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Orange Chicken 19g Seasoned Rice 38g Egg Roll 21g Soy sauce Fresh Fruit, Fresh Vegetable Milk

Tuesday, February 27

Breakfast

Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Bacon Double Cheeseburger - 33g Fries 44g

Wed., February 28

Breakfast

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice

Lunch

Deli Sandwich on Sesame Seed Bun 26g (Ham, cheese & lettuce) WG Chip

Thurs, February 29

Breakfast

Waffle Sandwich 15g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

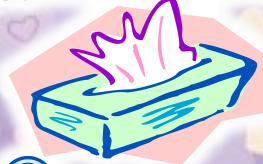
Turkey 12g Mashed Potatoes Gravy 34g 2-Dinner Roll (20g each)

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.