February 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Waffles Fruit Lunch Tacos or Taco Salad D24 (Shells or Tortilla Chips) / Apples Salad Snack WG Cinnamon Toast /Milk	Breakfast WG Chex Oranges Lunch Delicious Chicken D67 Cooked Carrots Peaches Snack Crackers Milk	Breakfast WG Cinnamon Toast / Fruit Lunch Chicken Strips Green Beans Mandarin Oranges Snack Cereal Milk	Breakfast Breakfast Casserole D16 Vegetable or Fruit Lunch Sloppy Joe F12 Potato Fruit Snack WG Sun Chips / Milk	
Breakfast Cereal Oranges Lunch Chicken Strips Mash Potato Broccoli Snack WG Popcorn Milk	Breakfast WG Kix Pears Lunch Vegetable Cheese Soup H13 / Crackers Apples Snack Hard Cooked Eggs Milk	Breakfast Hard Cooked Egg / Potato Lunch Chicken & Rice D47 Carrot & Celery Sticks Peaches Snack WG Cinnamon Toast Milk	Breakfast English Muffin w/ Jam / Tropical Fruit Lunch Lasagna D19 Green Beans Banana Snack WG Sun Chips / Milk	
NO SCHOOL HOLIDAY	Breakfast WG Life Original Fruit Lunch Hamburger Green Beans Mandarin Oranges Snack Cheese & Cracker Milk	Breakfast Waffles Fruit Lunch Fish Baked Beans Apples Snack WG Cinnamon Toast Milk	Breakfast WG Toast w/ Jam / Oranges Lunch Spaghetti D3 Baby Carrots Banana Snack Yogurt / Grahams Milk	
Breakfast WG Cereal Apples Lunch Sausage Egg English Muffin D71 Potato / Oranges Snack Cheese & Crackers Milk	Breakfast WG Toast Applesauce Lunch Scalloped Potatoes & Ham (or Turkey) E15 Bread / Peaches Snack Honey Bunch Oats Milk	Breakfast WG Frosted Mini Wheats Mandarin Oranges Lunch Macaroni & Cheese D20 Veggie w/ Dip Apples Snack WG Cracker / Milk	Breakfast WG French Toast Pears Lunch Chicken Gravy over Biscuit or Bread DD Green Beans Oranges Snack Hard Cooked Egg/Milk	



Eat Healthy on a Budget



Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the "unit price" on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

