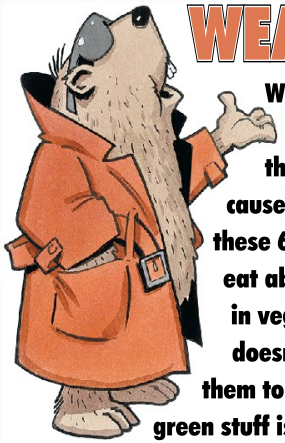
Roseville City School District

Menus for Middle School FEBRUARY 2026

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



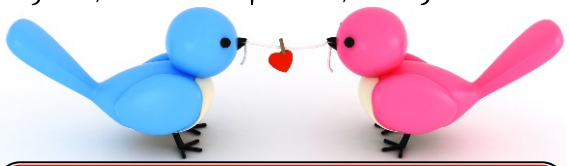
WEATHERMAN

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

ANIMAL APPETITES

POWER OF LOVE.

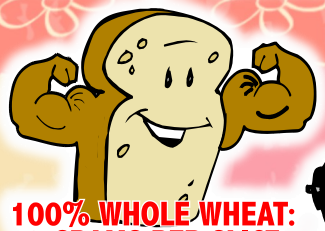
February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



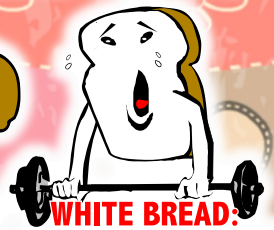
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

What's on YOUR plate?

Powerhouse!



100% WHOLE WHEAT: 3 GRAMS PER SLICE



WHITE BREAD: .8 GRAMS PER SLICE

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
Breakfast SUNRISE BREAKFAST SANDWICH OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** BREAKFAST FOR LUNCH OR ROTINI WITH MEAT SAUCE	**Breakfast** YOGURT PARFAIT OR SCONE OR CONTINENTAL BREAKFAST **Lunch** CHEESE PIZZA OR CHICKEN TACO	**Breakfast** MINI WAFFLES OR HOT OATMEAL WITH BERRIES OR CONTINENTAL BREAKFAST **Lunch** BEAN & CHEESE BURRITO OR CHICKEN SANDWICH	**Breakfast** EGG-CELLENT BITES WITH SAUSAGE & CHEEESE OR CINNI MINNI OR CONTINENTAL BREAKFAST **Lunch** CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL	**Breakfast** FRENCH TOAST STICKS OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** GRILLED CHEESE SANDWICH OR CHICKEN TENDERS COOKIE

Monday, February 9	Tuesday, February 10	Wednesday, February 11	Thursday, February 12	Friday, February 13
Lincoln's Birthday *No School Today*	**Breakfast** EGG-CELLENT BITES WITH SAUSAGE & CHEEESE OR MINI PANCAKES OR CONTINENTAL BREAKFAST **Lunch** CHEESE PIZZA OR BEEF & CHEESE TACO	**Breakfast** FIESTA BREAKFAST BURRITO OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** MACARONI & CHEESE OR CHEESEBURGER & FRIES	**Breakfast** TAQUITO WITH POTATO & CHEESE OR HAPPY HARD BOILED EGG OR CONTINENTAL BREAKFAST **Lunch** CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL	**Breakfast** CINNAMON ROLL OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS COOKIE

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

Available Daily

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily lunch options:
DELI SANDWICH
LARGE SALAD
PIZZA
(select varieties)

Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20
Presidents' Day *No School*	**Breakfast** YOGURT PARFAIT OR SCONE OR CONTINENTAL BREAKFAST **Lunch** CHEESE PIZZA OR CHICKEN TACO	**Breakfast** MINI WAFFLES OR HOT OATMEAL WITH BERRIES OR CONTINENTAL BREAKFAST **Lunch** BEAN & CHEESE BURRITO OR CHICKEN SANDWICH	**Breakfast** EGG-CELLENT BITES WITH SAUSAGE & CHEEESE OR CINNI MINI OR CONTINENTAL BREAKFAST **Lunch** CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL	**Breakfast** FRENCH TOAST STICKS OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** GRILLED CHEESE SANDWICH OR CHICKEN TENDERS COOKIE

Monday, February 23	Tuesday, February 24	Wednesday, February 25	Thursday, February 26	Friday, February 27
Breakfast CHEESY BREADSTICKS OR HOT OATMEAL WITH BERRIES OR CONTINENTAL BREAKFAST **Lunch** BREAKFAST FOR LUNCH OR TURKEY & CHEESE SANDWICH	**Breakfast** EGG-CELLENT BITES WITH SAUSAGE & CHEEESE OR MINI PACNCAKES OR CONTINENTAL BREAKFAST **Lunch** CHEESE PIZZA OR BEEF & CHEESE TACO	**Breakfast** FIESTA BREAKFAST BURRITO OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** MACARONI & CHEESE OR CHEESEBURGER & FRIES	**Breakfast** TAQUITO WITH POTATO & CHEESE OR HAPPY HARD BOILED EGG OR CONTINENTAL BREAKFAST **Lunch** CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL	**Breakfast** CINNAMON ROLL OR CEREAL OR CONTINENTAL BREAKFAST **Lunch** BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS COOKIE