

# Menus for Middle School February 2024

Roseville City School District

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

## Thursday, February 1

### Breakfast

CINNI MINI  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

CHEESEY  
BREADSTICKS  
OR  
ORANGE CHICKEN  
BOWL

## Friday, February 2

### Breakfast

FRENCH TOAST  
STICKS  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

CHEESE PIZZA  
OR  
CORN DOG  
  
COOKIE

## 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!**

## Monday, February 5

### Breakfast

MINI WAFFLES  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

BEAN AND CHEESE  
BURRITO  
OR  
CHEESEBURGER &  
FRIES

## Tuesday, February 6

### Breakfast

CHEESEY BREADSTICKS  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

GRILLED CHEESE  
SANDWICH  
OR  
BEEF TACO

## Wednesday, Feb. 7

### Breakfast

BREAKFAST  
SANDWICH  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
MAC AND CHEESE

## Thursday, February 8

### Breakfast

MINI PANCAKES  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

CHEESEY  
BREADSTICKS  
OR  
TERIYAKI CHICKEN  
BOWL

## Friday, February 9

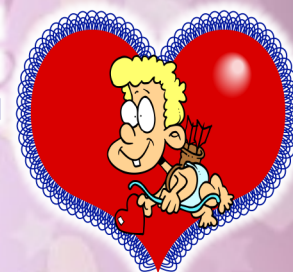
### Breakfast

CINNAMON ROLL  
OR  
CONTINENTAL  
BREAKFAST

### Lunch

CHEESE PIZZA  
OR  
CHICKEN PATTY  
SANDWICH  
  
COOKIE

# YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @  
**NO COST** ALL YEAR LONG

# 2024

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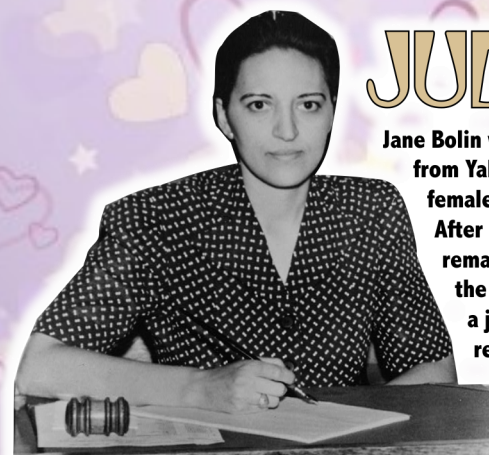
The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



# 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**

*Lincoln's birthday*



*No School Today*

**Tuesday, February 13**

**Breakfast**

YOGURT PARFAIT  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
BEEF TACO

**Wednesday, Feb. 14**

**Breakfast**

SCONES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
MAC AND CHEESE

**Thursday, Feb. 15**

**Breakfast**

CINNI MINI  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESEY  
BREADSTICKS  
OR  
ORANGE CHICKEN  
BOWL

**Friday, February 16**

**Breakfast**

FRENCH TOAST  
STICKS  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESE PIZZA  
OR  
CORN DOG  
  
COOKIE



*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**

CHEESEY BREADSTICKS  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
CRUNCHY FISH  
STICKS & CHIPS

**Wednesday, Feb. 21**

**Breakfast**

BREAKFAST  
SANDWICH  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
PEPPERONI PIZZA

**Thursday, Feb. 22**

**Breakfast**

MINI PANCAKES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESEY  
BREADSTICKS  
OR  
TERIYAKI CHICKEN  
BOWL

**Friday, February 23**

**Breakfast**

CINNAMON ROLL  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESE PIZZA  
OR  
CHICKEN PATTY  
SANDWICH  
  
COOKIE

**NUTRITION TO GO**

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

**A QUICK BITE FOR PARENTS**

**Monday, February 26**

**Breakfast**

BREAKFAST PIZZA  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BEAN AND CHEESE  
BURRITO  
OR  
CHEESEBURGER &  
FRIES

**Tuesday, February 27**

**Breakfast**

YOGURT PARFAIT  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
BEEF TACO

**Wednesday, Feb. 28**

**Breakfast**

SCONES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
MAC AND CHEESE

**Thursday, Feb. 29**

**Breakfast**

CINNI MINI  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESEY  
BREADSTICKS  
OR  
ORANGE CHICKEN  
BOWL



**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)**