

Menus for 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
TERIYAKI CHICKEN
BOWL

Friday, February 2

Breakfast

FRENCH TOAST
STICKS
OR
CONTINENTAL
BREAKFAST

Lunch

MAC AND CHEESE
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

GRILLED CHEESE
OR
BEEF AND CHEESE
TACO

Tuesday, February 6

Breakfast

CHEESEY BREADSTICKS
OR
CONTINENTAL
BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Wednesday, Feb. 7

Breakfast

BREAKFAST
SANDWICH
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, February 8

Breakfast

MINI PANCAKES
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESEY
BREADSTICKS
OR
ORANGE CHICKEN
BOWL

Friday, February 9

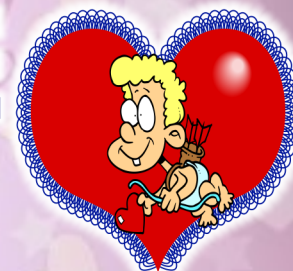
Breakfast

CINNAMON ROLL
OR
CONTINENTAL
BREAKFAST

Lunch

BEAN AND CHEESE
BURRITO
OR
CRUNCHY FISH STICKS
& CHIPS
COOKIE

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

2024

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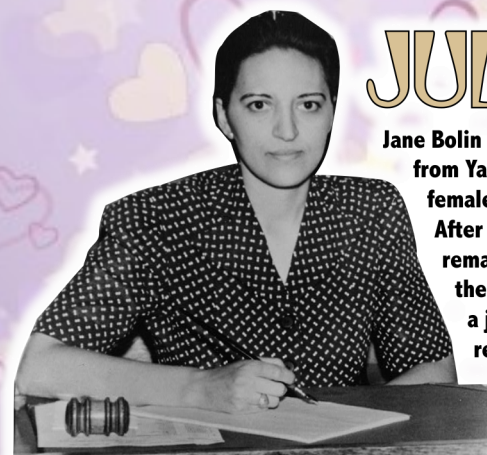
The Chinese New
Year begins with
the new moon on
February 10, 2024
is the Year of the
Dragon.



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

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
PASTA WITH MEAT
SAUCE

Wednesday, Feb. 14

Breakfast

SCONES
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN PATTY
SANDWICH

Thursday, Feb. 15

Breakfast

CINNI MINI
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESEY
BREADSTICKS
OR
TERIYAKI CHICKEN
BOWL

Friday, February 16

Breakfast

FRENCH TOAST
STICKS
OR
CONTINENTAL
BREAKFAST

Lunch

MAC AND CHEESE
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

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Wednesday, Feb. 21

Breakfast

BREAKFAST
SANDWICH
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, Feb. 22

Breakfast

MINI PANCAKES
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESEY
BREADSTICKS
OR
ORANGE CHICKEN
BOWL

Friday, February 23

Breakfast

CINNAMON ROLL
OR
CONTINENTAL
BREAKFAST

Lunch

COOK'S CHOICE

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

GRILLED CHEESE
OR
CHICKEN NUGGETS

Tuesday, February 27

Breakfast

YOGURT PARFAIT
OR
CONTINENTAL
BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
PASTA WITH MEAT
SAUCE

Wednesday, Feb. 28

Breakfast

SCONES
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN PATTY
SANDWICH

Thursday, Feb. 29

Breakfast

CINNI MINI
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESEY
BREADSTICKS
OR
TERIYAKI CHICKEN
BOWL

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.