

# Menus for February

**GANADO UNIFIED SCHOOL DISTRICT #20**

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



## Can you fit in the "hearty" foods?

## SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!



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

**Wednesday, February 1**

### Breakfast

Western Omelet  
Quesadilla, Salsa,  
Fruit Mix, Apple,  
Choice of Milk

### Lunch

Sloppy Joe  
French Fries  
Baked Beans  
Strawberry Cup  
Choice of Milk  
HS, MS Alternate Choice

**Thursday, February 2**

### Breakfast

WG Bagel, Cream  
Cheese, Ham Slice,  
Asst. Juice, Orange,  
Choice of Milk

### Lunch

Chicken Fajitas  
Shred Lettuce, Tomato  
WG Flour Tortillas  
Chili Beans  
Fresh Apple  
Choice of Milk  
HS, MS Alternate Choice

**Friday, February 3**

### Breakfast

Breakfast Pizza Or  
Cold Cereal, Asst. Juice,  
Fresh Banana,  
Choice of Milk

### Lunch

Turkey Deli Wrap  
Green Leaf,  
Celery Sticks  
Fresh Orange  
Choice of Milk  
HS, MS Alternate Choice

**Monday, February 6**

### Breakfast

French Toast, Syrup,  
Assorted Yogurt,  
Fresh Apples, Juice,  
Choice of Milk

### Lunch

Pepperoni Pizza  
Romaine Salad  
Green Beans  
Ranch Dressing  
Fruit Mix  
Choice of Milk  
HS, MS Alternate Choice

**Tuesday, February 7**

### Breakfast

Hot or Cold Cereal,  
WG Toast, Jelly,  
Apple Cinnamon  
Slices, Choice of Milk

### Lunch

Green Chili Pozole  
WG Cornbread  
Steamed Broccoli  
Sliced Peaches  
Choice of Milk  
HS, MS Alternate Choice

**Wednesday, February 8**

### Breakfast

Breakfast Burrito,  
Salsa, Diced Pears,  
Choice of Milk

### Lunch

Ham Deli Sandwich  
Green Leaf, Tomato  
Celery Sticks  
Baked Chips  
Fresh Orange  
Choice of Milk  
HS, MS Alternate Choice

**Thursday, February 9**

### Breakfast

Banana Muffin,  
Assorted Yogurt,  
Asst. Juice, Banana,  
Choice of Milk

### Lunch

Spaghetti w/  
Meat Sauce  
Romaine Salad  
Carrot Sticks  
Ranch Dressing  
Diced Peaches  
HS, MS Alternate Choice

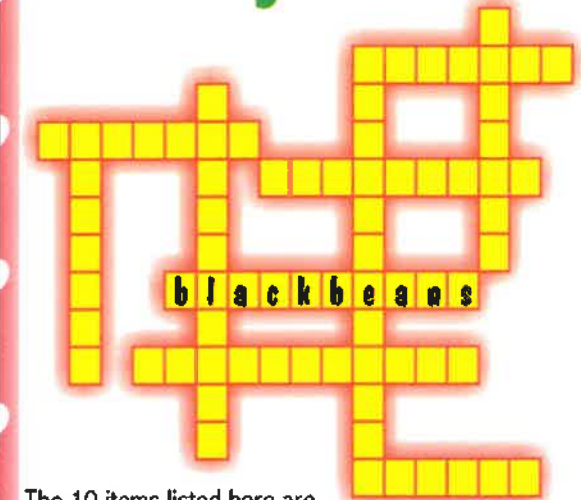
**Friday, February 10**

### Breakfast

Brown Rice Or Cold  
Cereal, Scramble Eggs,  
Cinn. Apple Slices,  
Choice of Milk

### Lunch

Chicken Bowl  
WG Bread Sticks  
Green Peas  
Fresh Fruit  
Assorted Milk  
HS, MS Alternate Choice



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates -- and you should also try to fit them in to the crossword puzzle above!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# YOU'RE GOOD



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

GUSD SCHOOL DISTRICT NUTRITION SERVICES

# STRANGE BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS  
- AND EVEN DANGLE FROM ABOVE BY A SINGLE TOE!  
- THANKS TO 500,000 TINY HAIRS ON THE SOLES  
OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY  
ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE,  
ENABLING THE GECKO'S FEET TO HOLD ON TO  
INVISIBLE HOOKS AND CRANNIES ON ANY SURFACE -  
EVEN THE GLASS WALLS OF AN AQUARIUM.

**Monday, February 13**

**Breakfast**

Hot or Cold Cereal,  
WG Toast w/Jam, Asst.  
Juice, Fresh Apples,  
Choice of Milk

**Lunch**

Pig N' Blanket  
Baked Beans  
French Fries  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Tuesday, February 14**

**Breakfast**

Pancake, Syrup, Ham  
Slices, Apple,  
Choice of Milk

**Lunch**

Chicken Fajitas  
Shred Lettuce, Tomato  
WG Flour Tortillas  
Chili Beans  
Fresh Apple  
Sweetheart Cookie  
Assorted Milk  
HS,MS Alternate Choice

**Wednesday, February 15**

**Breakfast**

Yellow Cornmeal,  
Granola Bar, Asst.  
Juice, Banana,  
Choice of Milk

**Lunch**

Frito Chili Pie  
Shred Lettuce/Tomato  
Shred Cheese  
Cut Corn  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Thursday, February 16**

**Breakfast**

Breakfast Pizza, Cheese  
Sticks, Sliced Apple,  
Diced Peaches,  
Choice of Milk

**Lunch**

Braised Beef  
Seasoned Brown Rice  
WG Dinner Roll  
Steamed Corn  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Friday, February 17**

**Breakfast**

WG Biscuit, Sausage  
Gravy, Mixed Berries,  
Asst. Juice  
Choice of Milk

**Lunch**

WG Pepperoni Pizza  
Romaine Salad  
Ranch Dressing  
Carrot Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Monday, February 20**

*Presidents' Day*



*No School Today*

**Tuesday, February 21**

**Breakfast**

Pancake, Syrup,  
Cheese Sticks, Apple,  
Choice of Milk

**Lunch**

Chicken Enchiladas  
Spanish Rice  
Mexicali Corn  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

**Wednesday, February 22**

**Breakfast**

Asst. Cold Cereal,  
Graham Crackers, Asst.  
Juice, Slice Apples,  
Choice of Milk

**Lunch**

Turkey Deli Sandwich  
Green Leaf, Tomato  
Baked Chips  
Celery Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Thursday, February 23**

**Breakfast**

Egg Patty, Ham Slice,  
WG Biscuits, Asst.  
Juice, Orange Smiles,  
Choice of Milk

**Lunch**

Beef Stew  
WG Cornbread  
Romaine Salad  
Ranch Dressing  
Fresh Orange  
Choice of Milk  
HS,MS Alternate Choice

**Friday, February 24**

**Breakfast**

Breakfast Muffin, Asst.  
Yogurt, Banana,  
Choice of Milk

**Lunch**

Spaghetti Noodles  
w/Meat Sauce  
Green Beans  
WG Bread Stick  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Monday, February 27**

**Breakfast**

Egg & Ham Slice  
Sandwich, Fruit Cup,  
Apple Juice,  
Choice of Milk

**Lunch**

Chili Mac  
Green Beans  
WG Lunch Roll  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

**Tuesday, February 28**

**Breakfast**

Hot or Cold Cereal,  
WG Toast, Jelly,  
Apple Cinnamon  
Slices, Choice of Milk

**Lunch**

Beef Burrito  
Cilantro Lime Br. Rice  
Steamed Carrots  
Romaine Salad  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Available Daily**

MONDAY: Grill Ham & Cheese  
TUESDAY: Cheese Burger  
WEDNESDAY: Corndogs  
THURSDAY: Chicken Sandwich  
Friday: Turkey Wrap  
(Menu are subject to change)