



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate



# LUNCH

## MONDAY

Cowboy Veggie Soup  
Bologna & Cheese Sandwich  
Celery Sticks w/dip  
Oranges

02

## TUESDAY

Chicken & Stuffing Casserole  
Corn  
Fruit Cocktail

03

## WEDNESDAY

Cornbread Taco Bake  
Steamed Broccoli  
Pears

04

## THURSDAY

French Onion Casserole  
Bread Sticks  
Green Beans  
Peaches

05

## FRIDAY

Pepperoni/Cheese Pizza  
Potato Salad  
½ Apple

Cookie

06

Tomato Soup  
Grilled Cheese Sandwich  
Carrot Sticks w/dip  
Pears

09

Chicken Tenders  
Rice Pilaf  
Green Beans  
Grapes

10

Ham & Cheese Sliders  
Potato Wedges  
Celery Sticks w/dip  
½ Apple

11

Meatloaf  
Mashed Potatoes w/Gravy  
Corn  
Oranges

12

Ham & Sausage Egg Bake  
French Toast Sticks  
½ Banana

Special Treat

13

**Presidents' Day**  
**No School**

16

**No School**

17

Hot dog on Bun  
Baked Beans  
Waffle Fries  
Peaches

18

Creamy Beef Noodle Bake  
California Blend Veggies  
Dinner Roll  
Grapes

19

Pepperoni/Cheese Pizza  
Italian Pasta Salad  
Fruit Cocktail

Cookie

20

Chicken Noodle Soup  
Ham & Cheese Wrap  
Broccoli w/dip  
½ Apple

23

Chicken Patty on bun  
Tater tots  
California Veg Blend  
Pears

24

Spaghetti w/meat sauce  
Bread Sticks  
Green Beans  
Grapes

25

Bacon Cheeseburger Alfredo  
Corn  
Peaches

26

Ham & Sausage Egg Bake  
Muffins  
½ Banana

27



Apple Creek Elementary

# FEBRUARY 2026