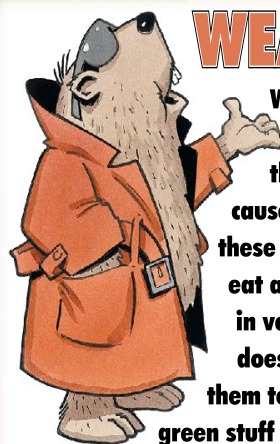


Manzanita School

Menus for

FEBRUARY
2026

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



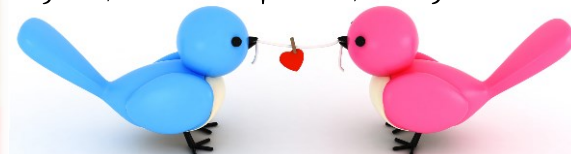
WEATHERMAN

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.

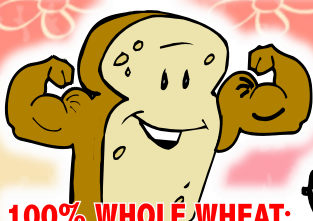
February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



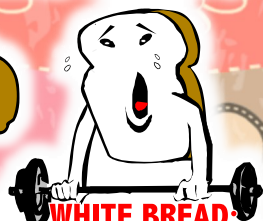
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



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

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

Chicken Nuggets and
Sun Chips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, February 3

Breakfast

Cini-Mini
Juice, Fruit and Milk

Lunch

PB&J, Cheese Stick, and
Crackers
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, February 4

Breakfast

Benefit Bar
Juice, Fruit and Milk

Lunch

Corn Dog and Fava Beans
Milk, Fruit, Veggie, and
Salad Bar

Thursday, February 5

Breakfast

Biscuit and Gravy
Juice, Fruit and Milk

Lunch

Chicken Alfredo and Bread
Stick
Milk, Fruit, Veggie, and
Salad Bar

Friday, February 6

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Maxx cheese sticks
Milk, Fruit, Veggie, and
Salad Bar

Monday, February 9

Breakfast

Bagel with cream cheese
Juice, Fruit and Milk

Lunch

Mac-N-Cheese and
Bread stick
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, February 10

Breakfast

Strawberry Glazed Scone
Juice, Fruit and Milk

Lunch

Taco's and Refried
Beans
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, February 11

Breakfast

Mini Waffles
Juice, Fruit and Milk

Lunch

Sandwich day
Milk, Fruit, Veggie, and
Salad Bar

Thursday, February 12

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

Hamburger and Baked Chips
Milk, Fruit, Veggie, and
Salad Bar

Friday, February 13

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

French Bread Pizza
Milk, Fruit, Veggie, and
Salad Bar

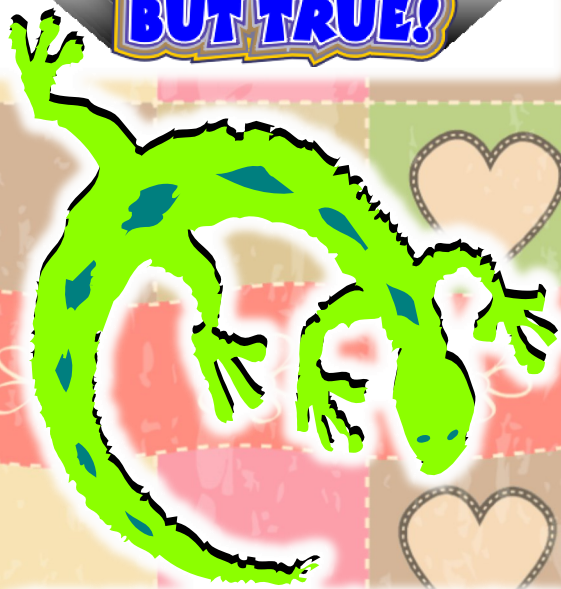
馬 YEAR OF THE HORSE 2026

The Chinese New Year begins with the new moon on February 17th. 2026 is the Year of the Horse.




Available Daily
 Cheerio cereal with graham cracker offered as an option at breakfast.
 Deli sandwich and yogurt bundle offered as an option at lunch.

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 NOOKS AND CRANNIES ON ANY SURFACE – EVEN THE GLASS WALLS OF AN AQUARIUM.

Monday, February 16 Presidents' Day  No School	Tuesday, February 17 Breakfast Mini Pancakes Juice, Fruit and Milk Lunch PB&J sandwich, Cheese stick, and crackers Milk, Fruit, Veggie, and Salad Bar	Wednesday, February 18 Breakfast Benefit bar Juice, Fruit and Milk Lunch Hot dog and Chili Milk, Fruit, Veggie, and Salad Bar	Thursday, February 19 Breakfast Mustang Breakfast Pizza Juice, Fruit and Milk Lunch Orange Chicken and Rice Milk, Fruit, Veggie, and Salad Bar	Friday, February 20 Breakfast Variety of Cereal Juice, Fruit and Milk Lunch Rectangle Pizza Milk, Fruit, Veggie, and Salad Bar
Monday, February 23 Breakfast Muffin Juice, Fruit and Milk Lunch Chicken Nuggets and Sunchips Milk, Fruit, Veggie, and Salad Bar	Tuesday, February 24 Breakfast Omelet and Hash brown Juice, Fruit and Milk Lunch Raviolis and Bread stick Milk, Fruit, Veggie, and Salad Bar	Wednesday, February 25 Breakfast French Toast Juice, Fruit and Milk Lunch Bruch for lunch Pancake, Sausage and hash brown Milk, Fruit, Veggie, and Salad Bar	Thursday, February 26 Breakfast Mini Waffles Juice, Fruit and Milk Lunch Chicken Burger and Nachos Milk, Fruit, Veggie, and Salad Bar	Friday, February 27 Breakfast Variety of Cereal Juice, Fruit and Milk Lunch Stuffed Crust Pizza Milk, Fruit, Veggie, and Salad Bar