

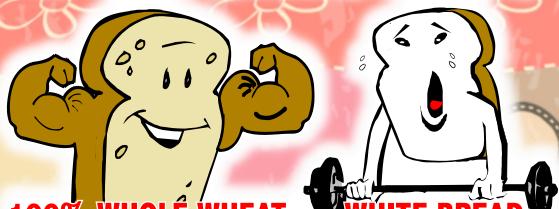
Manzanita School

Menus for FEBRUARY 2026

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



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

WEATHERMAN

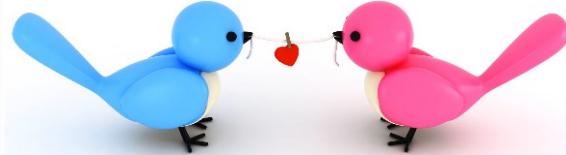


When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

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!

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



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