

Menus for

WASHINGTON LOCAL SCHOOLS
FEBRUARY 2023

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

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Grilled Cheese
Chips
Green Beans
Asst. Fruit
Milk

Thursday, February 2

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Spaghetti
Garlic Toast
Broccoli & cheese
Asst. Fruit
Milk

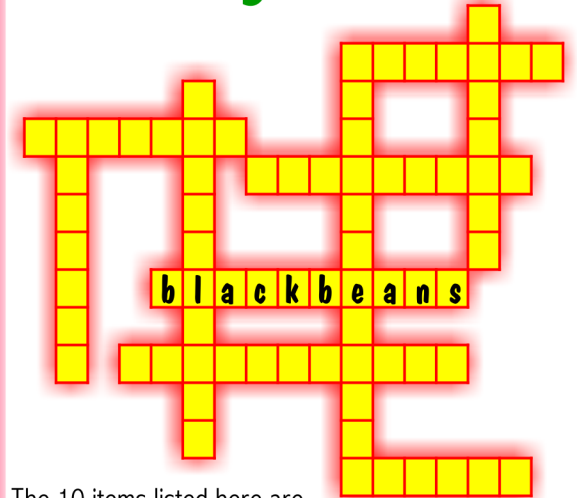
Friday, February 3

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Carrots & Dip
Asst. Fruit
Milk



Monday, February 6

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Chicken Drumstick
Dinner Roll
Sweet Potato Fries
Asst. Fruit
Milk

Tuesday, February 7

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Nachos
Refried Beans & cheese
Asst. Fruit
Milk

Wednesday, February

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Tony's Pizza
Tossed Salad
Asst. Fruit
Milk

Thursday, February 9

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Pancakes/Syrup
Sausage
Potato Puffs
Asst. Fruit
Milk

Friday, February 10

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Broccoli & Dip
Asst. Fruit
Milk

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

DAILY BREAKFAST

OPTIONS

CEREAL
POPTARTS
BREAKFAST BARS
MUFFINS
DONUTS
COOK'S CHOICE
(HOT BREAKFAST)

Monday, February 13

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Bosco Stick
w/Meat Sauce
Carrot Coins
Asst. Fruit
Milk

Tuesday, February 14

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Hot Dog
Baked Beans
Asst. Fruit
Milk

Wednesday, February

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Mac. & Cheese
Dinner Roll
Tossed Salad
Asst. Fruit
Milk

Thursday, February

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Panther's Bowl
Mashed Potatoes
Corn
Asst. Fruit
Milk

Friday, February 17

Family
Contact
Day

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 20

Presidents' Day



No School Today

Tuesday, February 21

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Walking Taco
Refried Beans
Asst. Fruit
Milk

Wednesday, February

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Tony's Pizza
Corn
Asst. Fruit
Milk

Thursday, February

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Sloppy Joe
Chips
Green Beans
Asst. Fruit
Milk

Friday, February 24

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Broccoli & Dip
Asst. Fruit
Milk

Monday, February 27

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Chicken Nuggets
Dinner Roll
Carrots
Asst. Fruit
Milk

Tuesday, February 28

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Taco Tuesday
Refried Beans
Asst. Fruit
Milk

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at <https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd>