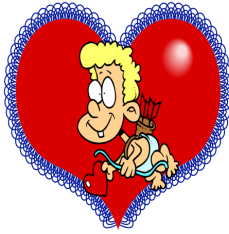


**MENU
ACMETONIA
ELEMENTARY
SCHOOL**

**February
2025**



**YOU'RE
GOOD**



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

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS

Monday, February 3

Breakfast
Super Bakery
Banana Bread

Lunch
Baked Breaded
Chicken Tenders

Buttered Noodles

Fruit / Milk Choice

Tuesday, February 4

Breakfast
Wholegrain Muffin
Choice with Yogurt Cup

Lunch
Mini Corn Dog
Nuggets

Vegetable Choice

Fruit / Milk Choice

Wednesday, February 5

Breakfast
Sausage & Cheese
Breakfast Pizza

Lunch
Cheeseburger on a
Wholegrain Bun

Baked Fries

Fruit / Milk Choice

Thursday, February 6

Breakfast
Zee-Zee Flavored
Breakfast Bar

Lunch
Steak and Cheese
Hoagie

Crispy Potato Sticks

Fruit / Milk Choice

Friday, February 7

Breakfast
Egg & Cheese
Breakfast Wrap

Lunch
Stuffed Crust
Pizza

Tossed Garden Salad

Fruit / Milk Choice

Lunch:
Alternate Choice:
1) Deli Hoagie
2) Peanut Butter & Jelly
Sandwich

Available Daily:
Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads/Rolls
Milk Choice

Monday, February 10

Breakfast
Cereal Choice with
Graham Crackers

Lunch
Orange Asian Chicken
with Rice

Steamed Broccoli

Fruit / Milk Choice

Tuesday, February 11

Breakfast
Wholegrain Donut Rings
with Yogurt Cup

Lunch
Beef & Cheese
Nachos

Steamed Corn

Fruit / Milk Choice

Wednesday, February 12

Breakfast
Baked Wholegrain
Funnel Cake

Lunch
Hot Dog &
Baked Beans

Cherry Swirl Juice Cup

Fruit / Milk Choice

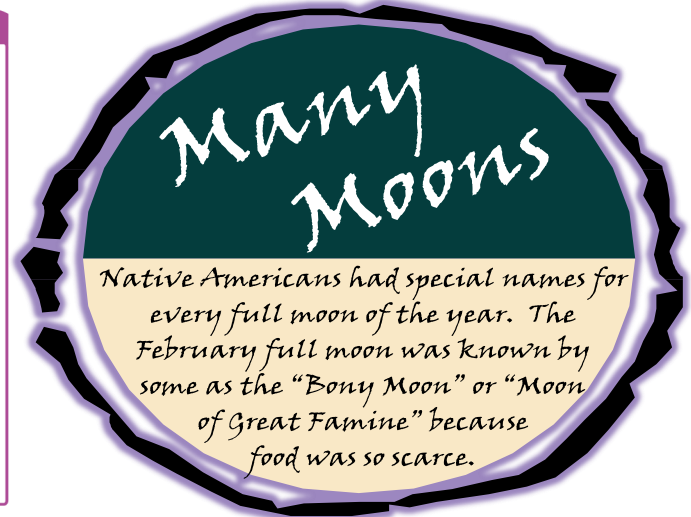
Thursday, February 13

Breakfast
Egg & Bacon
Breakfast Bagel

Lunch
Mac & Cheese with Heart
Shaped Soft Pretzel

Vegetable Choice

Fruit / Milk Choice





Tuesday, February 18

Breakfast
Toasted Wholegrain
Pop Tarts & Yogurt Cup

Lunch
French Bread
Pizza Wedge

Baked Fries

Fruit / Milk Choice

Wednesday, February 19

Breakfast
Sausage & Cheese
Breakfast Pizza

Lunch
Baked Hoagie on a
Wholegrain Bun

Crispy Potato Sticks

Fruit / Milk Choice

Thursday, February 20

Breakfast
Egg & Cheese
Breakfast Burrito

Lunch
Breaded Chicken Patty
Sandwich

Baked Fries

Fruit / Milk Choice

Friday, February 21

Breakfast
General Mills Cereal Bar
with Yogurt Cup

Lunch
BOSCO Sticks with
Pizza Sauce Cup

Vegetable Choice

Fruit / Milk Choice



Every complete meal
we serve comes with
your choice of milk!

Monday, February 24

Breakfast
Super Bakery Breakfast Bar
with Yogurt Cup

Lunch
Chicken Nuggets with
Whipped Potatoes & Gravy

Mango Orange Swirl Cup

Fruit / Milk Choice

Tuesday, February 25

Breakfast
Egg & Cheese
Breakfast Sandwich

Lunch
Cheese Quesadilla
Pizza Wedge

Vegetable Choice

Fruit / Milk Choice

Wednesday, February 26

Breakfast
Baked Cinnamon
Donut Holes

Lunch
Cheeseburger on a
Wholegrain Bun

Baked Fries

Fruit / Milk Choice

Thursday, February 27

Breakfast
Ultimate Breakfast Round
with Yogurt Cup

Lunch
Pasta & Meatballs with
Dinner Roll

Tossed Garden Salad

Fruit / Milk Choice

Friday, February 28

Breakfast
Pancake Wrapped
Sausage Mini Bites

Lunch
Deep Dish
Cheese Pizza

Vegetable Choice

Fruit / Milk Choice

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!

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Breakfast:
Choose at least 3 of 4 available component

Daily breakfast entrée or variety of alternate choices

Fruit or
100% Fruit Juice

Milk Choice