

February

2024



Monday, February 5

Breakfast

Breakfast Pizza

Lunch

-Sausage Pizza
-Corn Dog
-Popcorn Chicken Salad
& Bosco Stick
-Deli Sandwich
Seasoned Carrots
Mixed Fruit
Cold Milk

Tuesday, February 6

Breakfast

Bacon, Egg & Cheese Biscuit
Lunch

-French Toast Sticks & Sausage
-Turkey & Cheese Croissant
-Caesar Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Applesauce
Gogurt Yogurt
Cold Milk

Wednesday, February 7

Breakfast

Banana Muffins

Lunch

-Chicken Nuggets & Roll
-BBQ Rib Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Mashed Potatoes & Gravy
Chilled Pears
Cold Milk

Thursday, February 8

Breakfast

Mini Pancakes & Syrup

Lunch

-Toasted Ravioli, Meat Sauce
& Bosco Stick
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Cheesy Broccoli
Chilled Peaches
Cold Milk

Friday, February 9

Breakfast

Yogurt Cup & Oatmeal Bar

Lunch

-Cheesy Beef Nachos
-Toasted Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Refried Beans
Orange Smiles
Cold Milk

Thursday, February 1

Breakfast

Chocolate Chip
Banana Bread

Lunch

-Cheeseburger
-Hot & Spicy Chicken
Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
French Fries
Fresh Apple
Cold Milk

Friday, February 2

Breakfast

Cheesy Scrambled Eggs
& Biscuit

Lunch

-Soft Beef Tacos
-Fish Sticks &
Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Pear
Cold Milk

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

Freeburg Elementary School

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



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

We offer General Mills Cereal
and Cereal Bars as additional
breakfast entrée choices.

Breakfast includes Milk, Fruit
and/or Juice Choice.



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast
Pancake Sausage Sandwich

Lunch
-Bacon Cheeseburger
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Chilled Pears
Cold Milk

Tuesday, February 13

Breakfast
Cinnamon Roll

Lunch
-Soft Chicken Tacos
-Hot Ham & Cheese Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Valentine's Cookie
Cold Milk

Wed., February 14

Breakfast
Pancake & Sausage on Stick

Lunch
-Mozzarella Sticks & Dipping Sauce
-Fish Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Fresh Apple
Cold Milk

Thursday, February 15

Breakfast
Blueberry Muffins

Lunch
-Chili Dog or Hot Dog
-Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

Friday, February 16

Breakfast
Mini Waffles & Syrup

No Lunch
Early Dismissal

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast
Sausage Biscuit

Lunch
-Chicken Strips & Mini Waffles
-Toasted Cheese Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Chilled Applesauce
Cold Milk

Wed., February 21

Breakfast
Parfait & Nutri-grain Bar

Lunch
-Straw Hat
-Hamburger on Bun
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Frozen Juice Cup
Cold Milk

Thursday, February 22

Breakfast
Breakfast Bagel

Lunch
-Orange Chicken & Fried Rice
-Sub Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Pineapple Tidbits
Fortune Cookie
Cold Milk

Friday, February 23

Breakfast
French Toast Sticks & Syrup

Lunch
-Baked Potato & Cheese, Margarine & Bosco Stick
-Fish Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Baby Carrots
Chilled Peaches
Cold Milk

Monday, February 26

Breakfast
Chicken Biscuit

Lunch
-Chicken Quesadilla
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Chilled Pears
Cold Milk

Tuesday, February 27

Breakfast
Pop Tarts

Lunch
-Sausage, Egg & Cheese Croissant
-Turkey & Cheese Wrap
-Caesar Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Mixed Fruit
Cold Milk

Wed., February 28

Breakfast
Strawberry Cream Cheese Bagel

Lunch
-Popcorn Chicken, Pretzel Bites & Cheddar Cheese Sauce
-BBQ Rib Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Applesauce
Cold Milk

Thursday, February 29

Breakfast
Pancake & Sausage on Stick

Lunch
-Cheeseburger
-Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Emoji Potatoes
Orange Smiles
Cold Milk



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

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

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.