



In addition to the hot entrees, grab & go deli sandwiches, PB&Js, and salads are available. Two additional specials are offered daily and may include these:

**House Made Pizza**

**Corn Dog**

**Protein Packs**

**Bosco Sticks w/Marinara**

**Jumbo Pretzel w/Cheese**

**Pizza Crunchers**

**Chicken Patties**

Check your schools' menu board for specifics.

Choice of fruit, vegetables, and milk offered with all entree options.

Menu Subject to Change.

SCAN HERE FOR DISTRICT WIDE MENU



**LOVE YOUR HEART**

**GET ACTIVE!**

**VISIT YOUR PRIMARY CARE PROVIDER**



**FEBRUARY IS AMERICAN HEART MONTH**

**EAT WELL!**  
A HEARTY LUNCH IN 15 MINUTES

**KNOW YOUR NUMBERS:**  
• CONTROL YOUR CHOLESTEROL  
• MANAGE YOUR BLOOD PRESSURE  
• REDUCE YOUR BLOOD SUGAR

**QUIT SMOKING!**

# FEBRUARY 2025 - U-46 MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <p>CHEESY LASAGNA WITH GARLIC TOAST OR HOT DOG ON A BUN OR <b>BEEF BURGER ON A BUN</b> <b>HOMESTYLE PIZZA</b> <b>POTATOES</b></p>	<div>4</div> <p>BEEF OR VEGETARIAN NACHOS WITH YOUR CHOICE OF TOPPINGS OR <b>BREADED CHICKEN PATTY</b> <b>HOMESTYLE PIZZA</b> <b>FIESTA BEANS</b></p>	<div>5</div> <p>BUFFALO CHICKEN FLATBREAD OR MAX STUFFED CHEESE BREADSTICKS W/MARINARA OR <b>CHICKEN DRUMSTICK</b> <b>HOMESTYLE PIZZA</b> <b>SEASONED CORN</b></p>	<div>6</div> <p>HOT HAM AND CHEESE CROISSANT SANDWICH OR PIZZA CRUNCHERS OR <b>CHICKEN QUESADILLA</b> <b>HOMESTYLE PIZZA</b> <b>MIXED VEGETABLES</b></p>	<div>7</div> <p><b>SUPERBOWL MENU</b> BUFFALO CHICKEN PIZZA OR ASSORTED PIZZA OR <b>BREADED BONELESS WINGS</b> <b>BUFFALO CHICKEN SLIDERS</b> <b>SPICY CHICKEN SANDWICH</b> <b>HOMESTYLE PIZZA</b> <b>POTATO SKINS</b></p>
<div>10</div> <p>BREADED CHICKEN PATTY SANDWICH OR PIZZA CHEESE QUESADILLA OR <b>CHEESY BOSCO STICKS</b> <b>HOMESTYLE PIZZA</b> <b>POTATOES</b></p>	<div>11</div> <p>BEEF OR VEGETARIAN BURRITO BOWL WITH RICE OR MOZZARELLA STICKS WITH MARINARA OR <b>HOMESTYLE PIZZA</b> <b>FIESTA BEANS</b></p>	<div>12</div> <p>CHICKEN QUESADILLA OR GRILLED CHEESE SANDWICH OR <b>BEEF BURGER ON A BUN</b> <b>HOMESTYLE PIZZA</b> <b>SEASONED CORN</b></p>	<div>13</div> <p>BEEF BBQ RIB SANDWICH OR GARLIC FRENCH BREAD PIZZA OR <b>ORANGE CHICKEN W/RICE</b> <b>HOMESTYLE PIZZA</b> <b>MIXED VEGETABLES</b></p>	<div>14</div> <p><b>VALENTINE'S DAY</b> CHEESE, PEPPERONI, OR BUFFALO CHICKEN PIZZA ASSORTED PIZZA OR <b>SPICY CHICKEN SANDWICH</b> <b>CHEF'S CHOICE</b> <b>HOME STYLE PIZZA</b> <b>POTATOES</b></p>
<div>17</div> <p>NO SCHOOL  <b>PRESIDENT'S DAY</b></p>	<div>18</div> <p>BEEF STREET TACOS OR <b>SALAD SHELLS W/TOPPINGS</b> OR VEGGIE BURGER ON A BUN <b>BREADED CHICKEN PATTY</b> <b>HOMESTYLE PIZZA</b> <b>FIESTA BEANS</b></p>	<div>19</div> <p>SPICY OR REGULAR CHICKEN TENDER WRAP OR MOZZARELLA STICKS W/MARINARA <b>BEEF BBQ RIB SANDWICH</b> <b>HOMESTYLE PIZZA</b> <b>SEASONED CORN</b></p>	<div>20</div> <p>BEEF BURGER ON A BUN OR VEGETARIAN PLANT BASED MEATBALL SUB <b>CHICKEN QUESADILLA</b> <b>HOMESTYLE PIZZA</b> <b>MIXED VEGETABLES</b></p>	<div>21</div> <p><b>PIZZA DAY!</b> CHEESE, PEPPERONI, OR BUFFALO CHICKEN PIZZA ASSORTED PIZZA OR <b>SPICY CHICKEN SANDWICH</b> <b>CHEF'S CHOICE</b> <b>POTATOES</b></p>
<div>24</div> <p>BREADED CHICKEN PATTY SANDWICH OR VEGETARIAN CHICKEN NUGGETS <b>BEEF BURGER ON A BUN</b> <b>HOMESTYLE PIZZA</b> <b>POTATOES</b></p>	<div>25</div> <p>BEEF STREET TACOS OR <b>SALAD SHELLS W/TOPPINGS</b> OR CHEESE QUESADILLA <b>BREADED CHICKEN PATTY</b> <b>HOMESTYLE PIZZA</b> <b>FIESTA BEANS</b></p>	<div>26</div> <p>ITALIAN BEEF SANDWICH OR MOZZARELLA STICKS WITH MARINARA <b>CHICKEN DRUMSTICK</b> <b>HOMESTYLE PIZZA</b> <b>SEASONED CORN</b></p>	<div>27</div> <p>ORANGE CHICKEN W/RICE OR HOMEMADE TEXAS GRILLED CHEESE SANDWICH <b>CHICKEN QUESADILLA</b> <b>HOMESTYLE PIZZA</b> <b>MIXED VEGETABLES</b></p>	<div>28</div> <p>NO SCHOOL  <b>INSTITUTE DAY</b></p>



**February is National Cherry Month**

Little Known Facts About Cherries and National Cherry Month

**Why National Cherry Month?**

National Cherry Month is in February because it includes President's Day and George Washington's birthday. George is the alleged "Chopper of the Cherry Tree"

**National Cherry Blossom Festival**

The event celebrates the 1912 gift of 3,000 cherry trees from the people of Japan to the people of the United States. Each year in Washington D.C. over 3,000 cherry trees bloom into beautiful pink cherry blossoms.

**To learn more about EVERYMINUTE MATTERS**

Attendance Awareness Campaign

Visit [u-46.org/attendance](http://u-46.org/attendance) or Scan

Questions?

Contact Judy Naughton, U-46 District Dietitian, at [judithnaughton@u-46.org](mailto:judithnaughton@u-46.org) or call (847)-888-5000 ext. 5034

or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.