

Christina School District

HIGH SCHOOLS MENU

FEBRUARY 2024

FEBRUARY MENU FEATURES

February 7th-SuperBowl Theme Lunch 

February 9th-Chinese New Year Theme Lunch 

February 14th- Valentine's Day Treat 

February 16th- Breakfast for Lunch 

Thursday, Feb. 1

Breakfast

Glazed Donut Pull Apart
(V/H)

Lunch

Season's Pizza
Hummus Platter
Elote Corn
Peach Cup

Friday, Feb. 2

Breakfast

Mini Pancakes(V/H)

Lunch

Deluxe Grilled
Cheese(V/H)
Tomato Soup
Caprese Spinach Salad
Craisins

Monday, Feb 5

Breakfast

Apple Cinnamon Texas
Toast(V/H)

Lunch

Hot Dog on Bun with
Fritos
Warm Vegetarian Baked
Beans
Applesauce Cup

Tuesday, Feb 6

Breakfast

Belgium Waffles(V/H)

Lunch


Cheese Ravioli with
Garlic Knot(V/H)
Glazed Carrots
Strawberry Cup

Wednesday, Feb. 7

Breakfast

Donut Holes(V/H)

Lunch

Fiesta Nacho Bowl with
Doritos
Golden Corn & Black
Beans
Fruit Icy 

Thursday, Feb 8

Breakfast

Cinnamon Crumb Loaf
(V/H)
Croissant with Jelly

Lunch

Season's Pizza(V/H)
Buffalo Chicken Salad
Mixed Vegetables
Chilled Pears

Friday, Feb. 9

Breakfast

Cinnamon Toast Crunch
Pastry(V/H)

Lunch

Mandarin Chicken with
Chow Mein Noodles &
Dinner Roll
Mixed Vegetables
Pineapple & Mandarin
Oranges 

Monday, Feb. 12

NO SCHOOL

Tuesday, Feb. 13

Breakfast

Cereal (V/H)

Lunch


Chicken Patty Sandwich
Cheesy Broccoli Florets
Dried Cherries

Wednesday, Feb. 14

Breakfast

Mini Bagels & Waffle
Snaps (V/H)

Lunch

Cheese Pizza(V/H)
Cottage Cheese & Fruit
Platter
Steamed Carrots
Strawberry Cup
Heart Cookie 

Thursday, Feb. 15

Breakfast

Cereal Blast
Waffles(V/H)

Lunch


Honey Lime Chicken
Nachos with Brown Rice
Golden Corn
Mexi Fiesta Salad
Peach Cup

Friday, Feb. 16

Breakfast

Cinnamon Roll(V/H)

Lunch

Pancake Bowl with
Yogurt & Chicken
Sausage
Tater Tots
Fruit Juice 

AVAILABLE DAILY BREAKFAST

CEREAL/CEREAL BAR(V/H)
CRUNCHMANIA(V/H)
POPTARTS
BAGEL(V/H)
100% JUICE
ASSORTED FRUIT
MILK
LUNCH
PBJ MEAL(V/H)
DAIRY LUNCHABLE(V/H)
ASSORTED SALADS

DELI BAR
ASSORTED FRESH FRUIT
CARROTEENIES
FRESH VEGGIE CUP
ASSORTED HUMMUS
MILK

GRAB N GO ENTREES FEATURED THIS MONTH:

POPCORN CHICKEN
CHEESEBURGER
PIZZA
CHEESESTEAK
MEATBALL SUB
MOZZARELLA STICKS
CHICKEN PATTY SANDWICH
CHICKEN NUGGETS
HOT DOG

*V=VEGETARIAN
*H=HALAL APPROVED

Christina School District

HIGH SCHOOLS MENU

FEBRUARY 2024

Monday, Feb. 19



Tuesday, Feb. 20

Breakfast
Cereal (V/H)

Lunch
Cheesesteak Sandwich
Cinnamon Sweet Potato
Fries
Applesauce Cup

Wednesday, Feb. 21

Breakfast
Assorted
Turnovers(V/H)
Lunch
Soft Turkey Tacos
Chicken Salad Platter
Golden Corn & Black
Beans
Chilled Pears

Thursday, Feb. 22

Breakfast
Glazed Donut Pull
Apart(V/H)

Lunch
Season's Pizza(V/H)
Chicken Salad Platter
Sautéed Spinach
Mixed Fruit Cup

Friday, Feb. 23

Breakfast
Mini Pancakes(V/H)

Lunch
Mozzarella Sticks &
Popcorn Chicken Combo
Pizza Green Beans
Fruit Icy

Monday, Feb. 26

Breakfast
Apple Cinnamon Texas
Toast(V/H)

Lunch
Chicken Tenders with
Cheez-Its
Mixed Vegetables
Peach Cup

Tuesday, Feb. 27

Breakfast
Belgium Waffles(V/H)

Lunch
Meatball Grinder
Mashed Potatoes with
Gravy
Chilled Pineapple

Wednesday, Feb. 28

Breakfast
Donut Holes (V/H)

Lunch
Penne Pasta with Meat
Sauce & Texas Toast
Steamed Carrots
Side Garden Salad
Mixed Fruit Cup

Thursday, Feb. 29

Breakfast
Cinnamon Crumb
Loaf(V/H)
Croissant with Jelly

Lunch
Season's Pizza(V/H)
Chicken Caesar Salad
Steamed Broccoli
Raisins

Friday, March 1

Breakfast
Cinnamon Toast Crunch
Pastry(V/H)

Lunch
Chicken & Cheese
Quesadilla
Elote Corn
Chilled Pears



Protein Power!

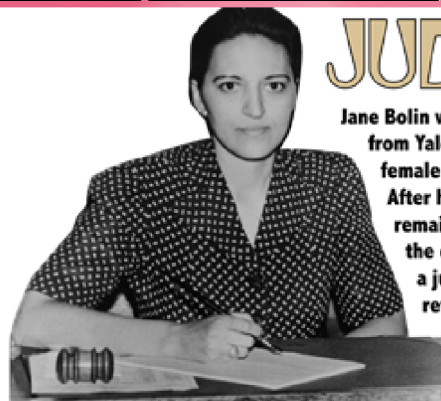
Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



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