

Menus for February 2024

Central-St. Mary's-Lincoln-
Washington Jr. High

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



Thursday, February, 1

Breakfast

Breakfast in a Bag
Milk

Lunch

Spaghetti/Meat
Sauce
Fresh Romaine
Salad/Dressing
Bread Stick
Chilled Pears
Milk



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

Friday, February 2

Breakfast

Breakfast in a Bag
Milk

Lunch

Cheesy Bites W/
Marinara Sauce
Green Beans
Watermelon Raisels
Milk

Monday, February 5

Breakfast

Breakfast in a Bag
Milk

Lunch

Crispy Breaded
Chicken
Mashed Potatoes&
Gravy
Roll
Fresh Grapes
Milk

Tuesday, February 6

Breakfast

Breakfast in a Bag
Milk

Lunch

Mac & Cheese W/
Hot Pretzel
Fresh Romaine
Salad W/Dressing
Fruit Cup
Milk

Wednesday, February 7

Breakfast

Breakfast in a Bag
Milk

Lunch

Sweet & Sour
Chicken W/Rice
Carrots
Fresh Orange
Slices
Ice Cream Cup
Milk

Thursday, February 8

Breakfast

Breakfast in a Bag
Milk

Lunch

Sub Sandwich/Cheese
Baked Beans
Sun Chips
Chilled Pears
Milk
Ketchup-Mustard-
Mayo

Friday, February 9

Breakfast

Breakfast in a Bag
Milk

Lunch

Chicken Nuggets
Emoji Potato's
Applesauce
Milk
Ketchup or BBQ
Sauce

Monday, February 12

Breakfast

Breakfast
a Bag
Milk

Lunch

Taco in a Bag/
Salsa
Fresh Romaine
Salad/Dressing
Churro
Fresh Apple
Milk

Tuesday, February 13

Breakfast

Breakfast in a Bag
Milk

Lunch

Egg Ham &
Cheese Croissant
Veggie Slushy
Fresh Banana
Milk
Ketchup

Wednesday, February 14

Breakfast

Breakfast in a Bag
Milk

Lunch

Chicken Drum
Stick
Curly Fries
Fresh Grapes
Milk
Ketchup

Thursday, February 15

Breakfast

Breakfast in a Bag
Milk

Lunch

Chef Boyardee
Ravioli
String Cheese
Green Beans
Applesauce
Breadstick
Milk

Friday, February 16

Breakfast

Breakfast in a Bag
Milk

Lunch

Crispy Chicken
Sandwich/Bun
Baked Beans
Chilled Pears
Milk
Ketchup-Mustard-
Mayo



GRASPING - EXCEPT THEY
HAVE THEM **ON**
THEIR FEET! THEY'VE
BEEN AROUND SINCE **THE**
TIME OF THE
DINOSAURS,
PROBABLY BECAUSE THEY'LL
EAT ANYTHING,
INCLUDING SNAILS AND
SLUGS AND BEETLES, SO
THEY'RE GREAT TO HAVE IN
A GARDEN. THE FEMALE GIVES
BIRTH TO BABIES THE **SIZE**
OF A HONEYBEE AND
KEEPS THEM IN HER POUCH FOR
4 MONTHS, MAKING HER NORTH
AMERICA'S ONLY NATIVE MARSUPIAL.
PLUS, OPOSSUMS ARE TOTALLY
IMMUNE TO SNAKE VENOM, AND THEY'RE
ALSO **A GREAT FIGHTER**
AGAINST LYME DISEASE
- THEY EAT THE MICE THAT CARRY THE
TICKS THAT SPREAD THE DISEASE AND
THEY ALSO EAT **THOUSANDS** OF
THE TICKS WHILE GROOMING
THEMSELVES THROUGHOUT THE YEAR.