



FEBRUARY MENUS

Menus for February 2024

SAN ISIDRO ISD



This institution is an equal opportunity provider.
Menus are subject to change without notice.
This product was funded by USDA.

Thursday, February 1

Breakfast

Kolache
Breakfast Bar
Assorted Fruit
& Juice

Lunch

Crispy Beef Nachos
Cheese Sauce
Rice
Beans
Taco Salad

Friday, February 2

Breakfast

Ham & Egg Taco
Assorted Cereal
Graham Crackers
Assorted Fruit
& Juice

Lunch

Pizza
Cucumber
w/Tajin
Baby Carrots

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!

Monday, February 5

Breakfast Breakfast Bread Basket

Assorted Cereal
Graham Crackers
Assorted Fruit
& Juice

Lunch

Hamburger/
Cheeseburger
Tater Tots
Burger Salad

Tuesday, February 6

Breakfast

Breakfast
Combo Bar
Assorted Fruit
& Juice

Lunch

Homemade
Chicken Flautas
Rice
Charro Beans
Taco Salad
Sour Cream

Wed., February 7

Breakfast

Yogurt & Fruit Parfait
Assorted Fruit
Uncrustable
& Juice

Lunch

Rich-Fil Yay Chicken
Sandwich
Burger Salad
Seasoned Wedges
Fruit Gelatin

Thursday, February 8

Breakfast

Breakfast Sausage
& Cheese Pancake
Assorted Fruit
& Juice

Lunch

Baked Chicken
Green Beans
Mashed Potatoes
Broccoli/cheese sauce
Dinner Roll
Assorted Fruit

Friday, February 9

Breakfast

Potato/Egg Taco
Assorted Cereal
Graham Crackers
Assorted Fruit
& Juice

Lunch

Pizza
Cucumber
w/Tajin
Baby Carrots
Ranch Dip Cup

A Note from the Child Nutrition Director

Junior High & High School Students will have Daily Entrée Options. Menus may vary.

If you have any questions, you may contact Mr. Leonel Olivarez, @956-481-3100.

2024

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The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON



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



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

Emoticon Waffles
Assorted Cereals
Assorted Fruit
& Juice

Lunch

Popcorn Chicken
Seasoned Wedges
Veggie Boats
Dinner Roll
Ranch Dip Cup
Assorted Fruit

Tuesday, February 13

Breakfast

Biscuit Sausage
Assorted Fruit
& Juice

Lunch

Chicken Fried Steak
Dinner Roll
Mashed Potatoes
Broccoli/Homemade
Cheese Sauce
Assorted Fruit

Wed., February 14

Breakfast

Uncrustable
Breakfast Bars
Assorted Fruit
& Juice

Lunch

Cheese Enchiladas
Refried Beans
Spanish Rice
Taco Salad
Assorted Fruit

Thursday, February 15

Breakfast

Tamales
Assorted Fruit
& Juice

Lunch

Pulled Pork
Street Tacos
Charro Beans
Taco Slaw Salad
Rice
Pico De Gallo

Friday, February 16

Breakfast

Bean & Cheese Taco
Assorted Fruit
Graham Cereals
& Juice

Lunch

Pizza
Cucumber
w/Tajin
Baby Carrots
Ranch Dip Cup
Assorted Fruit

Happy Valentine's Day!



Monday, February 19

Breakfast

Ham & Cheese
Croissant
Breakfast Bar
Assorted Fruit
& Juice

Lunch

Hamburger/
Cheeseburger
Tater Tots
Burger Salad
Assorted Fruit

Tuesday, February 20

Breakfast

Breakfast Muffin
Assorted Fruit
& Juice

Lunch

Crispy Beef Nachos
Cheese Sauce
Rice
Beans
Taco Salad

Wed., February 21

Breakfast

Waffle Bar
Assorted Fruit
& Juice

Lunch

Chicken Nuggets
Homemade Macaroni
& Cheese
Seasoned Wedges
Carrot Coins
Assorted Fruit

Thursday, February 22

Breakfast

Kolache
Breakfast Bars
Assorted Fruit
& Juice

Lunch

Baked Chicken
Seasoned Green
Beans
Mashed Potatoes
Dinner Roll

Friday, February 23



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

Monday, February 26

Breakfast

Breakfast Bread Basket
Graham Crackers
Assorted Cereal
Assorted Fruit
& Juice

Lunch
Cheeseburger
Sliders
Tater Tots
Burger Salad
Assorted Fruit

Tuesday, February 27

Breakfast

Breakfast
Combo Bar
Assorted Fruit
& Juice

Lunch

Homemade
Chicken Flautas
Rice
Charro Beans
Taco Salad
Sour Cream

Wed., February 28

Breakfast

Mini Maple Pancakes
Assorted Fruit
Uncrustables
& Juice

Lunch

Rich-Fil Yay Chicken
Sandwich
Burger Salad
Seasoned Wedges
Fruit Gelatin

Thursday, February 29

Breakfast

Yogurt & Fruit Parfait
Assorted Fruit
& Juice

Lunch

Baked Chicken
Seasoned Green
Beans
Mashed Potatoes
Dinner Roll
Assorted Fruit

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.