



Nutrition Menu

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Breakfast: Cereal, mixed fruit Lunch: Walking tacos, corn & bean salad, apples, oranges	Breakfast: French toast, eggs, berries Lunch: Pizza crunchers, green beans, salad, bananas, grapes	Breakfast: Waffles, mixed fruit Lunch: McChicken, cucumbers, salad, mixed fruit	Breakfast: Yogurt parfaits, berries Lunch: Orange chicken po-boys, fries, salad, peas, mixed fruit	Breakfast: Muffins, bananas Lunch: Sandwiches, dragon juice, carrots, apples		
8	9	10	11	12	13	14
Breakfast: Cereal, apples Lunch: Pretzel dogs, salad, corn, mixed fruit	Breakfast: Biscuits & gravy, oranges Lunch: Swedish meatballs, rye bread, mixed fruit, potatoes, salad	Breakfast: Pancakes, bananas Lunch: Sandwiches, apples, bananas, dragon juice, carrots	No School Parent Teacher Conferences 8 AM- Noon	No School		
15	16	17	18	19	20	21
No School! 	Breakfast: Cereal, oranges Lunch: Seafood boil, roll, corn, potatoes, mixed fruit	Breakfast: Strawberry waffles, apples Lunch: Cheese bread sticks, salad, peas, cucumbers, grapes	Breakfast: Yogurt parfait, berries Lunch: Mac & cheese, chicken nuggets, fruit salad, carrots	Breakfast: Donuts, mixed fruit Lunch: Sandwich, carrots, dragon juice, apples		
22	23	24	25	26	27	28
Breakfast: Cereal, fruit Lunch: Pizza, salad, green beans, mixed fruit	Breakfast: Smily face pancakes, sausage, berries Lunch: Cheeseburgers, curly fries, grapes, salad, tomatoes	Breakfast: Waffles, apples Lunch: Fish sticks, tots, salad, peas, mixed fruit	Breakfast: Yogurt parfait, bananas Lunch: Peking duck, stir fry, fortune cookies, salad, peas, mixed fruit	Breakfast: Cereal, muffins, mixed fruit Lunch: Sandwich, carrots, apples, dragon juice, cucumbers		

Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk, & 100 % Juice.

Menus are subject to change.

Essex is an Equal Opportunity Employer

