FEBRUARY 2026

St. Teresa School

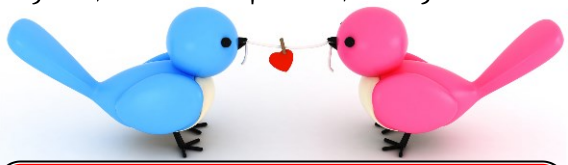
This institution is an equal opportunity provider. Menus are subject to change.

*** indicates the item contains Pork**

Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
Lunch *-Pepperoni Pizza** *-Corn Dog* *-Popcorn Chicken Salad & Bosco Stick* *-Deli Sandwich* Green Beans Applesauce Cup Cold Milk	*Lunch* *-French Toast Sticks & Sausage** *-Ham & Cheese Croissant* *-Italian Salad & Bosco Stick** *-Deli Sandwich* Baby Carrots Chilled Pears Gogurt Yogurt Cold Milk	*Lunch* *-Cheeseburger* *-Chicken Quesadilla* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Steamed Broccoli Chilled Peaches Cold Milk	*Lunch* *-Chicken Nuggets & Macaroni with Cheese* *-Meatball Sandwich* *-Italian Salad & Bosco Stick** *-Deli Sandwich* Sweet Corn Mixed Fruit Cold Milk	*No Lunch* Early Dismissal
Monday, February 9	**Tuesday, February 10**	**Wednesday, February 11**	**Thursday, February 12**	**Friday, February 13**
Lunch *-Cheesy Breaded Chicken Sandwich* *-Hot Dog on Bun* *-Popcorn Chicken Salad & Bosco Stick* *-Deli Sandwich* Cheesy Broccoli Chilled Pears Cold Milk	*Lunch* *-Chicken Strips & Waffles* *-Toasted Cheese Sandwich* *-Italian Salad & Bosco Stick** *-Deli Sandwich* Baked Beans Chilled Peaches Cold Milk	*Lunch* *-Toasted Ravioli & Bosco Stick* *-Turkey & Cheese Wrap* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Seasoned Green Beans Chilled Applesauce Cold Milk	*Lunch* *-Bacon Cheeseburger** *-Hot & Spicy Chicken Sandwich* *-Italian Salad & Bosco Stick** *-Deli Sandwich* French Fries Orange Smiles Valentine's Cookie Cold Milk	*Lunch* *-Chili with Goldfish Crackers* *-Hot Ham & Cheese Sandwich* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Seasoned Carrots Mixed Berry Cup Tiger Bites Cold Milk

POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.

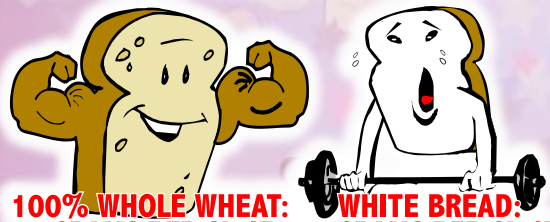


EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20
Presidents' Day  *No School Today*	*Lunch* *-Chicken Nuggets & Roll* *-BBQ Ribette Sandwich** *-Italian Salad & Bosco Stick** *-Deli Sandwich* Mashed Potatoes & Gravy Chilled Applesauce Cold Milk	*Lunch* *-Cheese Pizza* *-Cheese Quesadilla* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Seasoned Green Beans Craisins Cold Milk	*Lunch* *-Soft Chicken Tacos* *-Mini Corn Dogs* *-Italian Salad & Bosco Stick** *-Deli Sandwich* Sweet Corn Frozen Juice Cup Cold Milk	*Lunch* *-Mozzarella Sticks & Dipping Sauce* *-Toasted Cheese Sandwich* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Baby Carrots Fresh Apple Cold Milk
Monday, February 23	**Tuesday, February 24**	**Wednesday, February 25**	**Thursday, February 26**	**Friday, February 27**
Lunch *-Sausage, Egg & Cheese Croissant** *-Sloppy Joe Sandwich* *-Popcorn Chicken Salad & Bosco Stick* *-Deli Sandwich* Green Beans Chilled Pears Cold Milk	*Lunch* *-Straw Hat* *-Breaded Chicken Sandwich* *-Italian Salad & Bosco Stick** *-Deli Sandwich* Ranchero Beans Peach Cup Cold Milk	*Lunch* *-Pretzel Sticks, Popcorn Chicken & Queso* *-Sub Sandwich* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Seasoned Carrots Blue Raspberry Applesauce Cold Milk	*Lunch* *-Orange Chicken & Fried Rice* *-Hamburger on Bun* *Italian Salad & Bosco Stick** *-Deli Sandwich* Steamed Broccoli Chilled Pineapple Fortune Cookie Cold Milk	*Lunch* *-Cheese Quesadilla* *-Toasted Cheese Sandwich* *-Chef Salad & Bosco Stick* *-Deli Sandwich* Sweet Corn Orange Smiles Cold Milk

Powerhouse!



100% WHOLE WHEAT: 3 GRAMS PER SLICE

WHITE BREAD: .8 GRAMS PER SLICE

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

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

NUTRITION TO GO

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

A QUICK BITE FOR PARENTS

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