



Lee County Schools, Elementary, February 2025 Menus

Monday	Tuesday	Wednesday	Thursday	Friday
February 3 Donut Hole Cup, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheeseburger French Fries Baked Beans Mixed Fruit Milk	February 4 Chicken Biscuit, Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green Beans Apple Slices Milk	February 5 Apple Cinnamon Toast, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Meatballs in Marinara Garlic Knots Roasted Broccoli Sweet Carrots Mixed Fruit Milk	February 6 Pancake on Stick, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Grilled Cheese Uncrustable PB & J Tomato Soup Baby Carrots Applesauce Cup Milk	February 7 Mini Cinnamon Rolls Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Pepperoni Pizza Romaine Salad Buttery Corn Whole Orange Milk
February 10 Donut Hole Cup, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheeseburger French Fries Baked Beans Mixed Fruit Milk	February 11 Pancake Sandwich Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green Beans Apple Slices Milk	February 12 Pillsbury Frudel, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Macho Nachos w Chips Ranchero Pinto Beans Salsa Cup Diced PearsMilk	February 13 Sausage Biscuit, Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Grilled Cheese Uncrustable PB & J Vegetable Soup Baby Carrots Applesauce Cup Milk	February 14 Fruit Loop Waffle, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheese Pizza Buttery Corn Romaine Salad Whole Orange Milk
February 17 Teacher Work Day	February 18 Chicken Biscuit, Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green Beans Diced Pears Milk	February 19 Apple Cinnamon Toast, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Meatballs in Marinara Garlic Knots Roasted Broccoli Sweet Carrots Mixed Fruit Milk	February 20 Pancake on Stick, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheeseburger French Fries Baked Beans Apple Slices Milk	February 21 Mini Cinnamon Rolls Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Pepperoni Pizza Romaine Salad Buttery Corn Whole Orange Milk
February 24 Donut Hole Cup, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheeseburger French Fries Baked Beans Mixed Fruit, Milk	February 25 Pancake Sandwich Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green Beans Apple Slices Milk	February 26 Pillsbury Frudel, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Macho Nachos w Chips Ranchero Pinto Beans Salsa Cup Diced Pears Milk	February 27 Sausage Biscuit, Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Grilled Cheese Uncrustable PB & J Vegetable Soup Baby Carrots Applesauce Cup Milk	February 28 Fruit Loop Waffle, Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Chees Pizza Buttery Corn Romaine Salad Whole Orange Milk

Nutrition Byte

Exercise = Energize!

Exercise is more than good for you. It can rev up your energy levels and improve your mood. It can also help you focus, sleep better, look good, and stay at a healthy weight. Get ready to energize!

Think 3 – three ways to exercise:

- Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
- Strengthen your muscles.** Besides giving you more power, strengthening protects you from injuries. It also helps you burn more calories. Weightlifting isn't the only way to get strong. In fact, leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.

- Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff. It can also help improve performance and protect your body from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.

Play 60 – According to the Physical Activity Guidelines for Americans, <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>, youth should be active at least 60 minutes each day. Choose fun ways to move more, be active, and exercise that you enjoy and can make part of your routine.

Nutrilink: Check out the Play 60 app from the American Heart Association and the NFL to track activity, earn points, and win prizes for you or your school, <https://www.nfl.com/causes/play60>.