

FEBRUARY 2024

JWPMS

LUNCH



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Goulash
Mixed Vegetables
Applesauce

5

Pancake Sausage
Roasted Potatoes
Mandarin Oranges

6

Meatball Sub
Seasoned Vegetables
Applesauce

7

Popcorn Chicken Bowl
Fruit cup

1

Cheese Calzone
Peas
Fruit

2

Hot Dog w/Toppings
Baked Beans
Pineapple

12

General Tso's Chicken
Rice
Cooked Broccoli
Fruit Cup

13

Spaghetti w/meat
sauce
Breadstick
Vegetables
Applesauce

14

Cheeseburger
Vegetables
Fries
Peaches

15

**No
School**

16

**No
School**

19

Italian Dunkers
Dipping Sauce
Side Kicks Fruit Cups
Glazed Carrots

20

Chicken Fajita Wrap
Seasoned Corn
Apple Sauce

21

Grilled Cheese
Tomato Soup
Green Beans
Peaches

22

Pizza
California Vegetable
Blend Fruit Salad

23

Goulash
Mixed Vegetables
Applesauce

26

Loaded Fries
Corn
Mandarin Oranges

27

Pork Rib Sandwich
Vegetable Blend
Potato Wedges
Apple Slices

28

Chicken Noodle Soup
Saltines
Peaches

29