



# Sister Thea Bowman School

\* indicates the item contains Pork

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



**Monday, February 2**

**Breakfast**  
Warm Cherry Strudel

**Lunch**  
-Pepperoni Pizza\*  
-Corn Dog  
-Popcorn Chicken Salad & Bosco Stick  
-PBJ Sandwich  
Green Beans  
Applesauce Cup  
Cold Milk

**Tuesday, February 3**

**Breakfast**  
Egg & Cheese English Muffin

**Lunch**  
-French Toast Sticks & Sausage\*  
-Ham & Cheese Croissant  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Baby Carrots  
Chilled Pears  
Gogurt Yogurt  
Cold Milk

**Wednesday, February 4**

**Breakfast**  
Strawberry Cream Cheese Bagel

**Lunch**  
-Cheeseburger  
-Chicken Quesadilla  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Steamed Broccoli  
Chilled Peaches  
Cold Milk

**Thursday, February 5**

**Breakfast**  
Mini Cinnis

**Lunch**  
-Chicken Nuggets & Macaroni with Cheese  
-Meatball Sandwich  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Sweet Corn  
Mixed Fruit  
Cold Milk

**Friday, February 6**

**Breakfast**  
Mini Waffles & Syrup

**Lunch**  
-Queso Chicken Nachos  
-Fish Sticks & Cornbread Muffin  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Fiesta Beans  
Fresh Apple  
Cold Milk

**Monday, February 9**

**Breakfast**  
Breakfast Pizza\*

**Lunch**  
-Cheesy Breaded Chicken Sandwich  
-Hot Dog on Bun  
-Popcorn Chicken Salad & Bosco Stick  
-PBJ Sandwich  
Cheesy Broccoli  
Chilled Pears  
Cold Milk

**Tuesday, February 10**

**Breakfast**  
Yogurt Cup & Cinnamon Toast

**Lunch**  
-Chicken Strips & Waffles  
-Toasted Cheese Sandwich  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Baked Beans  
Chilled Peaches  
Cold Milk

**Wednesday, February 11**

**Breakfast**  
Banana Muffins

**Lunch**  
-Toasted Ravioli & Bosco Stick  
-Turkey & Cheese Wrap  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Seasoned Green Beans  
Chilled Applesauce  
Cold Milk

**Thursday, February 12**

**Breakfast**  
Cheesy Eggs & Biscuit

**Lunch**  
-Bacon Cheeseburger\*  
-Hot & Spicy Chicken Sandwich  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
French Fries  
Orange Smiles  
Valentine's Cookie  
Cold Milk

**Friday, February 13**

**Breakfast**  
Pancake Sausage Sandwich\*

**Lunch**  
-Chili with Goldfish Crackers  
-Hot Ham & Cheese Sandwich  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Seasoned Carrots  
Mixed Berry Cup  
Tiger Bites  
Cold Milk

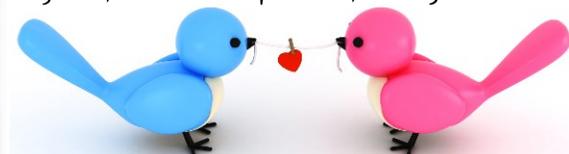
**YOU'RE GOOD**



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

## 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!**