

FEBRUARY 2024

Lummi Nation School

BREAKFAST



"You can't go back and change the beginning, but you can start where you are and change the ending."



February is National Hot Breakfast Month. A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Waffles,
Strawberry cups
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

5

Hot or cold cereal
Donuts
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

6

Scrambled eggs w/
cheese, Hashbrowns,
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

7

French Toast,
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

1

Fish Hash, Toast
Hard boiled eggs
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

2

French Toast,
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

12

Hot or cold cereal
Banana bread
Yogurt parfait
Bagels w/ cream cheese
Fresh fruit
Milk

13

Valentine's Day
Waffles & Strawberries
With whipped cream
Sausage link
Yogurt cup, Bagels
Fresh fruit, milk

14

Potato bowl w/ eggs,
cheese, and toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

15

Biscuits & gravy
Hard boiled eggs
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

16

Presidents' Day
NO SCHOOL

19

Hot or cold cereal
Muffin
Yogurt parfait
Bagels w/ cream cheese
Fresh fruit
Milk

20

Potato Bowl w/ eggs,
bacon bits, cheese,
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

21

French Toast
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

22

Breakfast burrito w/
Potato, eggs, chorizo
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

23

Waffles
Strawberry cups
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

26

Hot or cold cereal
Cinnamon roll
Yogurt parfait
Bagels w/ cream cheese
Fresh fruit
Milk

27

Scrambled eggs w/
ham, cheese, and toast
Hashbrowns
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, milk

28

Pancakes, sausage link
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

29

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LUNCH



"Nothing can dim the light that shines within" Maya Angelou



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



Teriyaki Chicken **1**
Rice w/ Mixed Veggies
Pot stickers
Sandwiches
Salad Bar
Fresh fruit, Milk

Hot dog w/ chili **2**
Baked potato
Sandwiches
Salad bar
Fresh fruit
Milk

Chicken Alfredo **5**
Broccoli w/ Breadsticks
Sandwiches
Salad bar
Fresh fruit
Milk

Pizza **6**
Pretzel w/ cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

Chicken drumsticks **7**
Mashed Potatoes
Gravy, Squash and a roll
Sandwiches
Salad bar
Fresh fruit, Milk

Nacho or Burrito **8**
Spanish Rice, Beans
Sandwiches
Salad bar
Fresh fruit
Milk

Corndog w/ Chips **9**
Sandwiches
Salad bar
Fresh fruit
Milk

Goulash w/ corn **12**
A roll
Sandwiches
Salad bar
Fresh fruit
Milk

Pizza **13**
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

Valentine's Day **14**
Chicken strips
Tater tots w/ a roll
Sandwiches
Salad bar
Fresh fruit, Milk

Tomato Soup **15**
Cheese bread
Sandwiches
Salad bar
Fresh fruit
Milk

Hamburger's w/ Chips **16**
Pulled Pork Sandwich
Baked Beans, Coleslaw
Sandwiches
Salad bar
Fresh fruit, Milk

Presidents' Day **19**

No School

Pizza **20**
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

Popcorn chicken **21**
Mashed potato
Gravy, corn & a roll
Sandwiches
Salad bar
Fresh fruit, Milk

Sweet & sour chicken **22**
Rice, Pot stickers
Sandwiches
Salad bar
Fresh fruit
Milk

Chicken Burgers **23**
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

Spaghetti **26**
Corn and a roll
Meatball sub
Sandwiches
Salad bar
Fresh fruit
Milk

Pizza **27**
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

Chicken nuggets **28**
Potato wedges w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

Teriyaki chicken **29**
Rice or Noddle
Mixed Veggies
Sandwiches
Salad bar
Fresh fruit
Milk

