



SCHOOL NUTRITION DEPARTMENT

FEBRUARY 2025

High

FEBRUARY CELEBRATIONS

- Happy President's Day
- Happy Valentine Day
- Celebrating Broccoli Month!

- Per Ounce, broccoli has as much calcium as milk
- Presidents Day was established in 1885 in honor of President George Washington's birthday.

MENU NOTES

LOW FAT UNFLAVORED, FAT FREE STRAWBERRY, FAT FREE CHOCOLATE AND LACTOSE FREE. K - 12 STUDENTS ARE NOT REQUIRED TO TAKE MILK.

KISD MENUS ARE SUBJECT TO LAST MINUTE CHANGES DUE TO NATION WIDE SUPPLY CHAIN ISSUES.

Meal Prices

Student
 Breakfast - FREE for all KISD students
 Elementary Lunch - \$2.75
 Secondary Lunch - \$3.00

Adults
 Breakfast \$2.75
 Lunch \$4.25

Monday

3
 Turkey & Sausage Biscuit Sandwich (KCC)(SHS)
 Donut Holes, Powdered Sugar
 Assorted Cereal w/Graham Crackers(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

10
 Egg & Cheese English Muffin
 Donut Holes, Powdered Sugar(KCC)(SHS)
 Assorted Cereal w/Graham Crackers (KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice



24
 Egg & Cheese English Muffin(KCC)(SHS)
 Donut Holes, Powdered Sugar
 Assorted Cereal w/Graham Crackers(KCC)(SHS)
 Applesauce Cup
 Assorted Fruit Juice

Tuesday

4
 Pineapple Spinach Smoothie w/Graham Crackers
 Chicken Sausage Honey Biscuit Sandwich
 Assorted Cereal w/Toast(KCC)(SHS)
 Strawberry Crisp BKF Bar w/Graham Crackers
 Assorted Fresh Fruit
 Assorted Fruit Juice

Celebrating National Broccoli Month

11
 Turkey Sausage Breakfast Pizza(KCC)(SHS)
 Banana Smoothie w/Graham Crackers
 Apple Berry BKF Bar w/Graham Crackers(KCC)(SHS)
 Assorted Cereal w/Toast
 Assorted Fresh Fruit
 Assorted Fruit Juice

18
 Banana Smoothie w/Graham Crackers
 Breakfast Pizza, Turkey Sausage
 Breakfast Bar, Berry Apple Crisp(KCC)(SHS)
 Assorted Cereal w/Toast(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

25
 Breakfast Bar, Berry Apple Crisp
 Breakfast Pizza, Turkey Sausage(SHS)
 Pineapple Spinach Smoothie w/Toast
 Assorted Cereal w/Graham Crackers(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

Wednesday

5
 Pancakes & Sausage(KCC)(SHS)
 Blueberry Parfait w/Graham Crackers
 Assorted Cereal w/Cheese Stick(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

12
 Scrambled Eggs & Sausage
 Cherry & Vanilla Yogurt Parfait w/Graham Crackers(KCC)(SHS)
 Assorted Cereal w/Cheese Stick (KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

19
 Scrambled Eggs & Sausage
 Blueberry Parfait w/ Graham Crackers(KCC)(SHS)
 Assorted Cereal w/Cheese Stick(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

26
 Pancakes & Sausage (KCC)
 Peach Parfait w/Graham Crackers
 Assorted Cereal w/Cheese Stick(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

Thursday

6
 Breakfast Pizza w/Canadian Bacon
 Strawberry Pineapple Smoothie w/Graham Crackers
 Apple Berry BKF Bar w/Graham Crackers
 Assorted Cereal w/Toast(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

13
 Sausage Kolache(KCC)(SHS)
 Breakfast Bar, Berry Apple Crisp w/Graham Crackers
 Peach Smoothie w/Graham Crackers
 Assorted Cereal w/Toast
 Assorted Fresh Fruit
 Assorted Fruit Juice

20
 Waffle Nuggets
 Strawberry Pineapple Smoothie w/Graham Crackers
 Assorted Cereal w/Toast(KCC)(SHS)
 Apple Berry BKF Bar w/Graham Crackers
 Assorted Fresh Fruit
 Assorted Fruit Juice

27
 Coffee Cake
 Strawberry Peach Smoothie w/Graham Crackers
 Assorted Cereal w/Toast(KCC)(SHS)
 Assorted Fresh Fruit
 Applesauce Cup

Friday

7
 Egg, Sausage & Cheese BKF Tacos
 EGG & Cheese English Muffin(KCC)(SHS) ONLY
 Cinnamon Roll w/Turkey Sausage
 Assorted Cereal w/Graham Crackers (KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

14
 Happy Valentine's Day
 Egg, Sausage & Cheese Breakfast Tacos(KCC)(SHS)
 Cinnamon Roll w/Turkey Sausage(KCC)(SHS)
 Assorted Cereal w/Graham Crackers(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

21
 Egg & Cheese English Muffin
 Egg, Bacon & Cheese Muffin(KCC)(SHS)
 Cinnamon Roll w/Turkey Sausage (KCC)(SHS)
 Assorted Cereal w/Graham Crackers(KCC)(SHS)
 Assorted Fresh Fruit
 Assorted Fruit Juice

28
 Cinnamon Roll w/Turkey Sausage(KCC)(SHS)
 Egg, Sausage & Cheese BKF Taco
 Assorted Cereal w/Graham Crackers
 Assorted Fresh Fruit
 Assorted Fruit Juice

B
R
E
A
K
F
A
S
T