



## Watson Institute/Friendship Academy Breakfast Feb. 2025-26

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/2/26</b> WG Mini Pancakes w/Syrup & Margarine Hard Boiled Egg Diced Peaches 100% Fruit Juice / Milk	<b>2/3/26</b> WG Banana Muffin Diced Pears 100% Fruit Juice Milk	<b>2/4/26</b> WG Chex Cereal Strawberry Yogurt Banana 100% Fruit Juice Milk	<b>2/5/26</b> Breakfast Burrito Cinnamon Applesauce 100% Fruit Juice Milk	<b>2/6/26</b> WG Blueberry Muffin Mixed Fruit 100% Fruit Juice Milk

Menu Subject to Change Without Notice

2/9/26	2/10/26	2/11/26	2/12/26	2/13/26
WG Chocolate Chip Muffin Apple 100% Fruit Juice Milk	WG Bagel w/light Cream Cheese Strawberry Applesauce 100% Fruit Juice Milk	WG Apple Cinnamon Muffin Mixed Fruit 100% Fruit Juice Milk	WG Mini Waffles w/Syrup Diced Peaches 100% Fruit Juice Milk	WG English Muffin w/Jelly Hard Boiled Egg Diced Pears 100% Fruit Juice Milk

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2/16/26	2/17/26	2/18/26	2/19/26	2/20/26
<b>NO SCHOOL</b>	WG Blueberry Mini Loaf w/Margarine Diced Peaches 100% Fruit Juice Milk	WW English Muffin w/Margarine Egg Patty Omelet Diced Pears 100% Fruit Juice Milk	WG Chocolate Chip Muffin Peach Applesauce 100% Fruit Juice Milk	WG Cheerios Cereal Strawberry Yogurt Apple 100% Fruit Juice Milk
<b>PRESIDENT'S DAY</b>				

2/23/26	2/24/26	2/25/26	2/26/26	2/27/26
WG Mini Pancakes w/Syrup & Margarine Hard Boiled Egg Diced Peaches 100% Fruit Juice / Milk	WG Banana Muffin Diced Pears 100% Fruit Juice Milk	WG Chex Cereal Strawberry Yogurt Banana 100% Fruit Juice Milk	Breakfast Burrito Cinnamon Applesauce 100% Fruit Juice Milk	WG Blueberry Muffin Mixed Fruit 100% Fruit Juice Milk





## Watson Institute/Friendship Academy LUNCH FEB. 2025-26



Monday	Tuesday	Wednesday	Thursday	Friday
2/2/26 Salisbury Steak w/gravy WG Dinner Roll or Mini Ravioli Dinner Roll	2/3/26 Turkey Hot Dog w/Ketchup on a WG Bun or Cheese Steak on a WG Bun	2/4/26 3 Beef Tacos w/Salsa or Cheese Pizza	2/5/26 Max Sticks Marinara or Garlic Toast Meatball Melt	2/6/26 Turkey and Cheese Hoagie or Chicken Tenders with WG Dinner Roll
<b>Featured Veggies:</b> Steamed Broccoli Mashed Potatoes Fresh Melon/Raisins Choice of Milk	<b>Featured Veggies:</b> Sweet Potato Tots Green Beans 100% juice/Orange Choice of Milk	<b>Featured Veggies:</b> Black Beans Corn 100% juice/Mixed Fruit Choice of Milk	<b>Featured Veggies:</b> Cooked Carrots Side Salad w/Dressing Grapes Choice of Milk	<b>Featured Veggies:</b> Fresh Baby Carrots Curly Fries Applesauce/Banana Choice of Milk
2/9/26 Mini Cheese Ravioli w/Tomato Sauce or Popcorn Chicken w/WG Dinner Roll	2/10/26 Chicken Patty on a WG Bun or Hamburger on a WG Bun	2/11/26 Meatloaf w/Gravy WG Dinner Roll or Chicken Nuggets	2/12/26 WG Pizza Bagels or WG Penne w/Meatsauce	2/13/26 Popcorn Chicken w/Sweet and Sour Sauce Brown Rice or Cheese Pizza
<b>Featured Veggies:</b> Side Salad w/dressing Cauliflower Diced Pears/Raisins Choice of Milk	<b>Featured Veggies:</b> French Fries w/Ketchup Baked Beans 100% juice/Orange Choice of Milk	<b>Featured Veggies:</b> Sweet Potatoes Beets 100% juice/Orange Choice of Milk	<b>Featured Veggies:</b> Steamed Carrots Green Beans Mixed Fruit/Banana Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Red Pepper Strips Banana/Raisins Choice of Milk
2/16/26 <b>NO SCHOOL</b>	2/17/26 WG French Toast Sticks Syrup Turkey Sausage or Breakfast Burrito	2/18/26 Cheese Pizza or Tuna Salad Wrap	2/19/26 Chicken Tenders w/Honey Mustard or Sloopy Joe on a WG Bun	2/20/26 WG Penne w/Meat Sauce or BBQ Rib on a WG Bun
	<b>Featured Veggies:</b> Hashbrown Patty Celery Sticks Fresh Melon Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Steamed Carrots 100% juice/Applesauce Choice of Milk	<b>Featured Veggies:</b> Baked Beans Red Pepper Strips Orange Choice of Milk	<b>Featured Veggies:</b> Side Salad w/Dressing Green Beans Mixed Fruit/Orange Choice of Milk
2/23/26 Salisbury Steak w/gravy WG Dinner Roll or Mini Ravioli Dinner Roll	2/24/26 Turkey Hot Dog w/Ketchup on a WG Bun or Cheese Steak on a WG Bun	2/25/26 3 Beef Tacos w/Salsa or Cheese Pizza	2/26/26 Max Sticks Marinara or Garlic Toast Meatball Melt	2/27/26 Turkey and Cheese Hoagie or Chicken Tenders with WG Dinner Roll
<b>Featured Veggies:</b> Steamed Broccoli Mashed Potatoes Fresh Melon/Raisins Choice of Milk	<b>Featured Veggies:</b> Sweet Potato Tots Green Beans 100% Juice/Orange Choice of Milk	<b>Featured Veggies:</b> Black Beans Corn 100% Juice/Mixed Fruit Choice of Milk	<b>Featured Veggies:</b> Cooked Carrots Side Salad w/Dressing Grapes Choice of Milk	<b>Featured Veggies:</b> Fresh Baby Carrots Curly Fries Applesauce/Banana Choice of Milk



### Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas and lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

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