

February 2025 | Ropes Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Breakfast Wrap OR Cereal & Toast, Fruit, Juice, Milk variety</i>	4 <i>French Toast, Sausage, OR Strudel & Cheese, Fruit, Juice, Milk variety</i>	5 <i>Power Breakfast Scrambled Eggs, Bacon, Biscuit, Gravy, OR Cereal & Toast, Fruit, Juice, Milk variety</i>	6 <i>Pancake Wrap, Yogurt, OR Strudel & Toast, Fruit, Juice, Milk variety</i>	7 <i>Cinnamon Roll, Sausage, OR Cereal & Toast, Fruit, Juice, Milk variety</i>
10 <i>Waffles & Bacon OR Cereal & Toast Fruit, Juice, Milk variety</i>	11 <i>Breakfast Sandwich, OR Strudel & Cheese Fruit, Juice, Milk variety</i>	12 <i>Breakfast Pizza OR Cereal & Toast Fruit, Juice, Milk variety</i>	13 <i>Breakfast Cookie, Yogurt, OR Strudel & Cheese, Fruit, Juice, Milk variety</i>	14 <i>Donut, Sausage, OR Cereal & Toast, Fruit Juice, Milk variety</i>
17 TEACHER WORKDAY	18 <i>Cheese Omelet, Toast OR Strudel & Cheese Fruit, Juice, Milk variety</i>	19 <i>Breakfast Sandwich, OR Cereal & Toast, Fruit, Juice, Milk variety</i>	20 <i>Breakfast Pizza, OR Strudel & Cheese Fruit Juice, Milk variety</i>	21 <i>Dutch Waffle, Sausage, OR Cereal & Toast, Fruit, Juice, Milk variety</i>
24 <i>Breakfast Cookie, Yogurt, OR Cereal & Toast, Fruit, Juice, Milk variety</i>	25 <i>Breakfast Burrito, OR Strudel & Cheese, Fruit Juice, Milk variety</i>	26 <i>Waffles, Sausage, OR Cereal & Toast Fruit, Juice, Milk variety</i>	27 <i>Stuffed Bagel, Cheese, OR Strudel & Cheese, Fruit, Juice, Milk variety</i>	28 <i>Oatmeal, Cinnamon Toast, OR Cereal & Toast, Fruit, Juice, Milk variety</i>

Announcements:

Fat Free Milk Offered Daily.

February 17th Teacher Workday.



Beets

Season in Texas: January - March; September - November

Did you know?

The main part of the beet that is eaten is the root; you can also eat the greens



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

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Updated 6/6/2024
National School Lunch Program

February 2025 | Ropes Lunch PK-8th



Monday	Tuesday	Wednesday	Thursday	Friday
3 Corndog, Mashed Potatoes, tomato Cup,** Strawberries, Milk variety	4 Nacho Grande, Salsa,** Refried Beans, Cucumbers,** Banana, Ice Cream Cup Milk variety	5 Spaghetti Bowl, Breadsticks, Fresh Veggie Cup,** Garden Salad, Fruity Gelatin, Milk variety	6 Salisbury Steak, Brown Gravy, Roll, Corn,** Broccoli, Mandarin Oranges Milk variety	7 Cheeseburger Macaroni, Roll, Carrot Coins,** Savory Green Beans, Fresh Fruit, Rice Krispy,** Milk variety
10 Country Fried Steak, Roll, Gravy, Mashed Potatoes, Okra,** Strawberries. Milk variety	11 Chicken Fajitas, Pinto Beans, Salsa,** Fresh Carrots,** Hot Cinnamon Apples, Sherbet, Milk variety	12 Meatball Sub, Garden Salad,** Savory Green Beans, Peaches Milk variety	13 Popcorn Chicken, Roll Corn, Crunchy Broccoli Salad,** Fresh Apples, Cookie,** Milk variety	14 Potato Bowl, Roll, Peas, Tomato Cup,** Snowball Salad Milk variety
17 TEACHER WORKDAY	18 Chili Cheese Totchos Roll, Corn, Fresh Veggie Cup,** Strawberries & Bananas Milk variety	19 Fish Nuggets, Mac & Cheese, Carrot Coins,** Squash Grapes Milk variety	20 Cheeseburger OR Hamburger, Fries, Tomato Cup,** Pears, Milk variety	21 Philly Cheesesteak Sandwich Corn, Cucumbers,** Rosy Applesauce, Fruit Crisp,** Milk variety
24 Breaded Drumstick Biscuit, Garden Salad Tomatoes,** Fresh Fruit, Milk variety	25 Frito Pie, Refried Beans Fresh Veggie Cup,** Chilled Pineapple Cookie,** Milk variety	26 Cheesy Breadsticks, Broccoli Marinara Sauce,** Cinnamon Apples, Milk variety	27 Boneless Chicken Wings, Tots, Celery,** Fresh Carrots, Mixed Fruit, Sherbet,** Milk variety	28 Steak Fingers, Roll, Gravy, Green Beans, Corn,** Peaches Milk variety

Announcements:

Fat Free Milk Offered Daily.

*** Not Offered To PK.*

February 17th Teacher Workday.



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Updated 6/6/2024
National School Lunch Program

February 2025 | Ropes Lunch 9th-12th



Monday	Tuesday	Wednesday	Thursday	Friday
3 Corn Dog OR Cheeseburger/HB, Mashed Potatoes, Tomato Cup, Fruit Cup, Juice, Milk variety	4 Nacho Grande, OR Hot Sandwich, Salsa, Refried Beans, Cucumbers, Banana, Juice, Milk variety	5 Spaghetti Bowl, Breadsticks, Or Pizza Veggie Cup, Garden Salad, Fruity Gelatin, Juice, Milk variety	6 Salisbury Steak, Brown Gravy, Roll, OR Tex-Mex, Broccoli, Corn, Mandarin Orange Juice, Milk variety	7 Cheeseburger Macaroni, Roll, OR Texas Basket, Carrot Coins, Green Beans, Fresh Fruit, Rice Krispy, Juice, Milk variety
10 Country Fried Steak, Roll, Gravy, OR Burger, Mashed Potatoes, Okra, Strawberries, Juice, Milk variety	11 Chicken Fajitas, OR Hot Sandwich, Spanish Rice, Pinto Beans, Salsa, Fresh Carrots, Apples, Juice, Milk variety	12 Meatball Sub, OR Pizza, Garden Salad, Green Beans, Peaches, Juice, Milk variety	13 Popcorn Chicken, Roll, OR, Tex-Mex, Corn, Crunchy broccoli Salad, Fresh Apples, Cookie, Juice, Milk variety	14 Potato Bowl, Roll, OR Texas Basket, Peas, Tomato Cup, Snowball Salad, Juice, Milk variety
17 <i>Teacher Workday</i>	18 Chili Cheese Totchos, OR Hot Sandwich, Fresh Veggie Cup, Corn, Strawberries & Bananas Juice, Milk variety	19 Fish Nuggets, Mac & Cheese, OR Pizza, Carrot Coins, Squash, Grapes, Juice, Milk variety	20 Cheeseburger, OR Hamburger, OR Tex-Mex, Tomato Cup, Garden Salad, Pears, Juice, Milk variety	21 Philly Cheesesteak Sandwich, OR Texas Basket, Corn, Cucumbers Rosy Applesauce, Fruit Crisp, Juice, Milk variety
24 Breaded Drumstick, Biscuit, OR Burger, Garden Salad, Tomatoes Fresh Fruit, Juice, Milk variety	25 Frito Pie, OR Hot Sandwich, Refried Beans, Veggie Cup, Chilled Pineapples, Cookie, Juice, Milk variety	26 Cheesy Breadsticks, OR Pizza, Broccoli, Marinara Sauce, Cinnamon Applesauce, Juice, Milk variety	27 Boneless Chicken Wings, OR Tex-Mex, Tots, Celery, Fresh Carrots, Fruit, Sherbet, Juice, Milk variety	28 Steak fingers, Roll, Gravy, OR Texas Basket Green Beans, Corn, Peaches, Juice, Milk variety

Announcements:

Fat Free Milk Is Offered Daily.

Juice Is Offered As Additional Fruit.

February 17th Teacher Workday



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