



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



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN NUGGETS W/GOLDFISH OR TURKEY SANDWICH 02	HAMBURGER OR CHILI W/CORN STAR 03	CHICKEN ALFREDO OR QUESADILLA 04	PIZZA OR HAM SANDWICH 05	NO SCHOOL 06
LEMON CHICKEN OVER RICE OR TURKEY SANDWICH 09	CHICKEN BURGER OR SLOPPY JOES 10	YOGURT PARFAIT OR CORNDOGS 11	RIP STIX W/MARINARA OR HAM SANDWICH 12	NO SCHOOL 13
Presidents' Day NO SCHOOL 16	KOREAN BEEF OVER RICE OR CHEESEBURGER 17	TURKEY GRAVY W/BISCUIT OR QUESADILLA 18	NACHOS OR RIBEQUE 19	PIZZA OR HAM SANDWICH 20
CHICKEN NUGGETS W/GOLDFISH OR TURKEY SANDWICH 23	HAMBURGER OR HAYSTACK 24	SWEET & SOUR CHICKEN OVER RICE OR BURRITO 25	RIP STIX W/MARINARA OR HAM SANDWICH 26	NO SCHOOL 27
				



Faulconer-Chapman Elementary and Middle School
All meals offer a variety of salad/fruits & milk.

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