

February Menu Week 1

Meal:	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5
Breakfast	<ul style="list-style-type: none"> • Cup of Milk • Yogurt • Strawberries 	<ul style="list-style-type: none"> • Cup of Milk • Rice Cakes • Raisins 	<ul style="list-style-type: none"> • Cup of Milk • Energy Balls • Apples 	<ul style="list-style-type: none"> • Cup of Milk • French Toast • Blueberries 	<ul style="list-style-type: none"> • Cup of Milk • Seasonal Bread • Cuties
Lunch	<ul style="list-style-type: none"> • Cup of Milk • Fried Rice w/ Eggs • Peas & Carrots • Melon 	<ul style="list-style-type: none"> • Cup of Milk • Cheese Ravioli w/ Tomato Sauce • Spinach • Apples 	<ul style="list-style-type: none"> • Cup of Milk • Beef Chili w/ Beans • Salad • Avocado 	<ul style="list-style-type: none"> • Cup of Milk • Pizza w/ Pepperoni, Mushrooms, & Cheese • Steamed Carrots • Bananas 	<ul style="list-style-type: none"> • Cup of Milk • Chicken Alfredo w/ Whole Wheat Pasta • Broccoli • Oranges
P.M. Snack	<ul style="list-style-type: none"> • Wheat Thins • Cream Cheese 	<ul style="list-style-type: none"> • Pretzels • Cucumbers 	<ul style="list-style-type: none"> • Cheerios • Raisins 	<ul style="list-style-type: none"> • Yogurt • Goldfish 	<ul style="list-style-type: none"> • String Cheese • Animal Crackers

Reminder:

- We offer Cereal with milk between 6:30-7:30
- If your child is 12months-18 months they will be offered Whole Milk; If your child is 18 months or older they will be offered 1% Milk

February Menu Week 2

Meal:	Monday 2/8	Tuesday 2/9	Wednesday 2/10	Thursday 2/11	Friday 2/12
Breakfast	<ul style="list-style-type: none"> • Cup of Milk • Whole Wheat Toast • Oranges 	<ul style="list-style-type: none"> • Cup of Milk • Granola • Apples 	<ul style="list-style-type: none"> • Cup of Milk • SF Rice Pudding • Raisins 	<ul style="list-style-type: none"> • Cup of Milk • WW Waffles • Strawberries 	<ul style="list-style-type: none"> • Cup of Milk • Muffins • Melon
Lunch	<ul style="list-style-type: none"> • Cup of Milk • Chicken Protein Bowls w/ Black Beans & Brown Rice • Corn • Blueberries 	<ul style="list-style-type: none"> • Cup of Milk • Potato & Cheese Soup w/ Whole Wheat Roll • Salad • Peaches 	<ul style="list-style-type: none"> • Cup of Milk • Black Bean & Cheese Quesadillas • Cucumber Salad • Apples 	<ul style="list-style-type: none"> • Cup of Milk • Sheppard's Pie w/ Beef • Mixed Veggies • Oranges 	<ul style="list-style-type: none"> • Cup of Milk • Little Caesars Pizza Party • Cucumbers • Bananas
P.M. Snack	<ul style="list-style-type: none"> • Gold Fish • Cuties 	<ul style="list-style-type: none"> • Pretzels • Hummus 	<ul style="list-style-type: none"> • Animal Crackers • Bananas 	<ul style="list-style-type: none"> • Celery • Cream Cheese 	<ul style="list-style-type: none"> • Cookies • Juice

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February Menu Week 3

Meal:	Monday 2/15	Tuesday 2/16	Wednesday 2/17	Thursday 2/18	Friday 2/19
Breakfast	<ul style="list-style-type: none"> • Cup of Milk • Grits • Strawberries 	<ul style="list-style-type: none"> • Cup of Milk • Fig Bars • Oranges 	<ul style="list-style-type: none"> • Cup of Milk • Seasonal Bread • Bananas 	<ul style="list-style-type: none"> • Cup of Milk • Whole Grain Waffles • Blueberries 	<ul style="list-style-type: none"> • Cup of Milk • Banana Oat Muffins • Raspberries
Lunch	<ul style="list-style-type: none"> • Cup of Milk • Deli turkey Wraps w/ Cream Cheese on Tortillas • Cucumbers • Blueberries 	<ul style="list-style-type: none"> • Cup of Milk • Cheddar Broccoli Soup w/ Rice • Salad • Peaches 	<ul style="list-style-type: none"> • Cup of Milk • Tuna Poke Bowl w/ Brown Rice • Cucumbers • Avocado 	<ul style="list-style-type: none"> • Cup of Milk • Chicken Pot Pie w/ Biscuits • Mixed Veggies • Apples 	<ul style="list-style-type: none"> • Cup of Milk • Spaghetti w/ Beef & Tomato Sauce • Green Beans • Bananas
P.M. Snack	<ul style="list-style-type: none"> • Graham Crackers • Applesauce 	<ul style="list-style-type: none"> • Muffins • Apples 	<ul style="list-style-type: none"> • Soy Butter Cheerio Bites • Cuties 	<ul style="list-style-type: none"> • Gogurt • Toast 	<ul style="list-style-type: none"> • Frozen Yogurt Bark • String Cheese

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February Menu Week 4

Meal:	Monday 2/22	Tuesday 2/23	Wednesday 2/24	Thursday 2/25	Friday 2/26
Breakfast	<ul style="list-style-type: none"> • Cup of Milk • Pancakes • Berries 	<ul style="list-style-type: none"> • Cup of Milk • Cottage Cheese • Peaches 	<ul style="list-style-type: none"> • Cup of Milk • Apple Sauce • Graham Crackers 	<ul style="list-style-type: none"> • Cup of Milk • Bagels • Oranges 	<ul style="list-style-type: none"> • Cup of Milk • Muffins • Raisins
Lunch	<ul style="list-style-type: none"> • Cup of Milk • Quinoa Bowl w/ Black Beans & Diced Tomatoes • Cucumbers 	<ul style="list-style-type: none"> • Cup of Milk • Grilled Cheese Sandwich on Whole Wheat Bread • Baked Apples • Steamed Carrots 	<ul style="list-style-type: none"> • Cup of Milk • Chicken Noodle Soup w/ Egg Noodles • Salad • Blueberries 	<ul style="list-style-type: none"> • Cup of Milk • Baked Turkey & Cheese Sliders on Whole Wheat Buns • Cucumbers • Peaches 	<ul style="list-style-type: none"> • Cup of Milk • Roasted Potatoes w/ Baked Chicken & Brown Rice • Oranges
P.M. Snack	<ul style="list-style-type: none"> • Tortilla Chips • Salsa 	<ul style="list-style-type: none"> • Banana Cookies • Cheese Cubes 	<ul style="list-style-type: none"> • Rice Cakes • Soy Butter 	<ul style="list-style-type: none"> • String Cheese • Goldfish 	<ul style="list-style-type: none"> • Whole Wheat Crackers • Apples

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