

February

HOPE ACADEMY



Monday

BREAKFAST: Fruit
Cereal and Milk

LUNCH: Chicken Ropa Vieja
Taco Tortilla
Refried Beans
Corn
Fruit and Milk

SNACK: Goldfish Crackers and Juice

03

Tuesday

BREAKFAST: Fruit
Pancake w/ syrup
and Milk

LUNCH: Mac & Cheese
Steam Carrots
Fruit
Milk

SNACK: Chocolate Chip Cookie and Juice

04

Wednesday

BREAKFAST: Banana and Juice
Biscuit w/ jelly
Milk

LUNCH: Chicken Nuggets w/ ketchup
Brown Rice
Green Peas
Fruit and Milk

SNACK: Cheez-it and Juice

05

Thursday

BREAKFAST: Fruit
WG Waffle w/ syrup
Milk

LUNCH: Arroz con Pollo Criollo w/ Corn
Mixed Vegetables
Bread Roll
Fruit and Milk

SNACK: Graham Crackers and Juice

06

Friday

BREAKFAST: Fruit
Scrambled Egg
Sliced Bread
Milk

LUNCH: Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK: Pretzel and Juice

07

BREAKFAST: Fruit
Cereal And Milk

LUNCH: Chicken Patty-
Brown Rice
Corn
Steam Carrots
Fruit and Milk

SNACK: Lays Chips and Juice

10

BREAKFAST: Fruit
Sliced Bread w/ butter
Sliced Ham and Milk

LUNCH: Special Turkey Taco
Corn
Refried Beans
Fruit and Milk

SNACK: Oatmeal Cookie and Juice

11

BREAKFAST: Fruit
Boiled Egg
Biscuit and Milk

LUNCH: Beefaroni
Peas and Carrots
Bread Roll
Fruit and Milk

SNACK: Graham Crackers and Juice

12

BREAKFAST: Fruit
Pancake w/ syrup
Milk

LUNCH: Honey Chicken
Brown Rice
Mixed Vegetables
Fruit and Milk

SNACK: Cheez-it and Juice

13

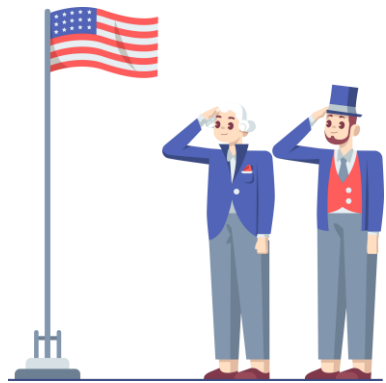
BREAKFAST: Fruit
English Muffin w/ butter
Milk

LUNCH: Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK: Goldfish Crackers and Juice

14

PRESIDENT'S DAY



17

BREAKFAST: Fruit
Cereal
Milk

LUNCH: Cheeseburger w/ ketchup and Mayo
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK: Cheez-it Crackers and Juice

18

BREAKFAST: Fruit
Waffle w/ syrup
Milk

LUNCH: Corn Dog
Green Peas
Corn
Fruit and Milk

SNACK: Chocolate Chip Cookie and Juice

19

BREAKFAST: Fruit
Cinnamon Raisin Bread w/ butter
Milk

LUNCH: Maccaroni & Cheese
Steam Carrots
Fruit and Milk

SNACK: Animal Crackers and Juice

20

BREAKFAST: Fruit
Pancake w/ syrup
Milk

LUNCH: Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK: Chips and Juice

21

February

HOPE ACADEMY



Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST:

Fruit
Cereal and Milk

24

LUNCH:

Chicken Nuggets w/ ketchup
Brown Rice
Black Beans
Steam Carrots
Fruit and Milk

SNACK:

Oatmeal Cookie and Juice

BREAKFAST:

Fruit
Biscuit w/ butter
and Milk

25

LUNCH:

Ground Turkey
Nacho Chips
Corn and Lettuce
Fruit and Milk

SNACK:

Pretzels and Juice

BREAKFAST:

Fruit
Scrambled Egg
Sliced Bread and Milk

26

LUNCH:

Chicken Patty
Brown Rice
Carrots
Corn
Fruit and Milk

SNACK:

Lays Chips and Juice

BREAKFAST:

Fruit
English Muffin w/ butter
And Milk

27

LUNCH:

Oriental Fried Rice
Mixed Vegetables
Fruit and Milk

SNACK:

Goldfish Crackers and Juice

BREAKFAST:

Fruit
Sliced Bread w/ soynut butter and jelly
And Milk

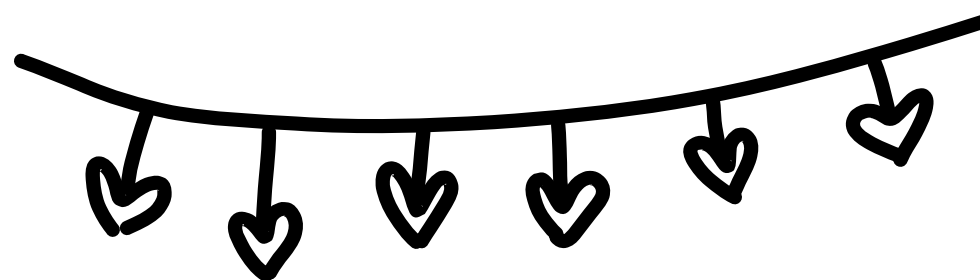
28

LUNCH:

Pizza
Mixed Green Salad w/ Ranch
Fruit and Milk

SNACK:

Graham Crackers and Juice



February

HOPE ACADEMY



Lunes

DESAYUNO: 03
Peras
Cereal y Leche

ALMUERZO:
Ropa Vieja de Pollo
Taco Tortilla
Frijoles Fritos
Maiz
Mandarina y Leche

SNACK:
Galleta y Jugo

Martes

DESAYUNO: 04
Durazno
Pancake con Jarabe Miel
Y Leche

ALMUERZO:
Macaron con Queso
Zanahorias Cocinadas
Durazno
Leche

SNACK:
Galleta de Chocolate y Jugo

Miercoles

DESAYUNO: 05
Banana y Jugo
Panecillo con Mermelada
Leche

ALMUERZO:
Nuggets de Pollo con ketchup
Arroz Integral
Guisantes Verdes
Manzana y Leche

SNACK:
Galleta y Jugo

Jueves

DESAYUNO: 06
Melon
WG Waffle con Jarabe Miel
Leche

ALMUERZO:
Arroz con Pollo Criollo con Maiz
Vegetales Mixtos
Panecillo
Mandarina y Leche

SNACK:
Galleta y Jugo

Viernes

DESAYUNO: 07
Manzana
Huevos Cocinados
Pan
Leche

ALMUERZO:
Pizza
Ensalada Mixta Verde con Aderezo
Melon y Leche

SNACK:
Pretzel y Jugo

DESAYUNO: 10
Peras
Cereal y Leche

ALMUERZO:
Empanada de Pollo-
Arroz Integral
Maiz
Zanahorias Cocinadas
Fruta Tropical y Leche

SNACK:
Chips y Jugo

DESAYUNO: 11
Manzana
Pan con Mantequilla
Jamon y Leche

ALMUERZO:
Taco Especial de Pavo
Maiz
Frijoles Fritos
Durazno y Leche

SNACK:
Galleta y Jugo

DESAYUNO: 12
Banana y Jugo
Huevo Herbido
Galleta Especial y Leche

ALMUERZO:
Beefaroni
Mixto de Zanahorias y Habichuelas
Panecillo
Peras y Leche

SNACK:
Galleta y Jugo

DESAYUNO: 13
Durazno
Pancake con Jarabe Miel
Leche

ALMUERZO:
Pollo con Salsa Mostaza y Miel
Arroz Integral
Vegetales Mixtos
Melon y Leche

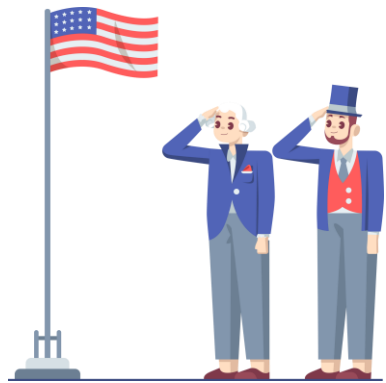
SNACK:
Chips y Jugo

DESAYUNO: 14
Melon
Muffin Ingles en Mantequilla
Leche

ALMUERZO:
Pizza
Ensalada Mixta Verde con Aderezo
Peras y Leche

SNACK:
Galleta con Jugo

PRESIDENT'S DAY



17

DESAYUNO: 18
Peras
Cereal
Leche

ALMUERZO:
Hamburguesa de Queso
Pan de Hamburguesa
Zanahorias
Melon y Leche

SNACK:
Galleta y Jugo

DESAYUNO: 19
Manzana
Waffle con Jarabe Miel
Leche

ALMUERZO:
Salchicha en Paleta
Habichuelas Verdes
Maiz
Mandarina y Leche

SNACK:
Galleta de Chocolate y Jugo

DESAYUNO: 20
Melon
Pan de Canela con mantequilla
Leche

ALMUERZO:
Macaron con Queso
Zanahorias Cocinadas
Peras y Leche

SNACK:
Galleta y Jugo

DESAYUNO: 21
Manzana
Pancake con Jarabe
Leche

ALMUERZO:
Pizza
Ensalada Mixta Verde con Aderezo
Peras y Leche

SNACK:
Chips y Jugo

February

HOPE ACADEMY



Lunes

Martes

Miercoles

Jueves

Viernes

DESAYUNO: 24
Peras
Cereal y Leche

ALMUERZO:
Nuggets de Pollo con Ketchup
Arroz Integral
Zanahorias Cocinadas
Frijoles Negros
Mandarina y Leche

SNACK:
Galleta y Jugo

DESAYUNO: 25
Durazno
Bizcocho con Mantequilla
y Leche

ALMUERZO:
Picadillo de Pavo
Nacho Chips
Maiz y Lechuga
Melon y Leche

SNACK:
Pretzels y Jugo

DESAYUNO: 26
Manzana
Huevos Cocinados
Pan y Leche

ALMUERZO:
Empanada de Pollo
Arroz Integral
Zanahorias
Maiz
Peras y Leche

SNACK:
Lays Chips y Jugo

DESAYUNO: 27
Mandarina
Muffin Ingles con Mantequilla
y Leche

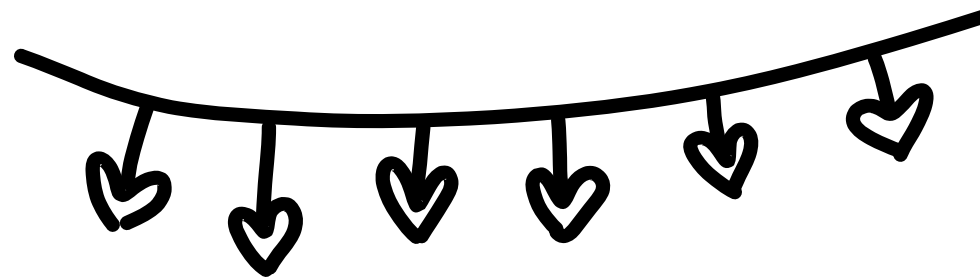
ALMUERZO:
Arroz Oriental
Vegetales Mixtos
Durazno y Leche

SNACK:
Galleta y Jugo

DESAYUNO: 28
Manzana
Pan Tajado con mantequilla de mani y
mermelada
y Leche

ALMUERZO:
Pizza
Ensalada Mixta Verde con Aderezo
Melon y Leche

SNACK:
Galleta y Jugo



February

HOPE ACADEMY



Lendi

Madi

Mekredi

Jedi

Vandredi

MANJE MATIN:
Fwi
sereyal ak Lèt

MANJE MIDI:
poul ropa vieja
tortilla tako
pwa nwa
mayi
Fwi ak Lèt

GOUTE:
bonbon ak Ji

03

MANJE MATIN:
Fwi
Pancake w/ syrup
ak Lèt

MANJE MIDI:
Makawoni ak Fwomaj
kawòt vapè
Fwi
Lèt

GOUTE:
bonbon ak Ji

04

MANJE MATIN:
Bannann ak ji
Bisket ak
Lèt

MANJE MIDI:
pepit poul ak sòs tomat
Diri mawon
pwa vèt
Fwi ak Lèt

GOUTE:
bonbonak Ji

05

MANJE MATIN:
Fwi
WG Waffle w/ syrup
Lèt

MANJE MIDI:
diri poul w/ mayi
Legim Melanje
woulo pen
Fwi ak Lèt

GOUTE:
Bonbon ak Ji

06

MANJE MATIN:
Fwi
Ze Grenpe
pen tranche
Lèt

MANJE MIDI:
Pizza
Sòs Salad vèt Melanje ak abiye
Fwi ak Lèt

GOUTE:
bonbon ak Ji

07

MANJE MATIN:
Fwi
sereyal ak Lèt

MANJE MIDI:
Patty Poul-
Diri mawon
mayi
kawòt vapè
Fwi ak Lèt

GOUTE:
Chips ak Ji

10

MANJE MATIN:
Fwi
Pen blueberry
Lèt

MANJE MIDI:
espesyal tako kodenn
mayi
pwa fri
Fwi ak Lèt

GOUTE:
bonbon ak Ji

11

MANJE MATIN:
Fwi
ze bouyi
Biscuit ak Lèt

MANJE MIDI:
Beefaroni
Peas and kawòt
woulo pen
Fwi ak Lèt

GOUTE:
bonbon ak Ji

12

MANJE MATIN:
Fwi
Pancake w/ syrup
Lèt

MANJE MIDI:
poul siwo myèl
Diri mawon
Legim Melanje
Fwi ak Lèt

GOUTE:
Cheez it ak Ji

13

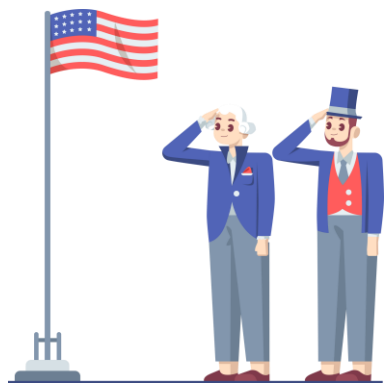
MANJE MATIN:
Fwi
Mofin ak be
Lèt

MANJE MIDI:
Pizza
Sòs Salad vèt Melanje ak abiye
Fwi ak Lèt

GOUTE:
bonbon ak Ji

14

PRESIDENT'S DAY



17

MANJE MATIN:
Fwi
sereyal
Lèt

MANJE MIDI:
Cheeseburger
Pen
kawòt
Fwi ak Lèt

GOUTE:
bonbon ak Ji

18

MANJE MATIN:
Fwi
WG Waffle w/ syrup
Lèt

MANJE MIDI:
Mayi Chen
pwa vèt
mayi
Fwi ak Lèt

GOUTE:
bonbon ak Ji

19

MANJE MATIN:
Fwi
Pen ak be
Lèt

MANJE MIDI:
Makawoni ak Fwomaj
kawòt vapè
Fwi ak Lèt

GOUTE:
bonbon ak Ji

20

MANJE MATIN:
Fwi
Pancake w/ syrup
Lèt

MANJE MIDI:
Pizza
sòs salad vèt melanje ak abiye
Fwi ak Lèt

GOUTE:
Chips ak Ji

21

February

MASTER



Monday

Tuesday

Wednesday

Thursday

Friday

MANJE MATIN:

Fwi
sereyal ak Lèt

24

MANJE MIDI:

poul ropa vieja
mayi
pwa fri
Fwi ak Lèt

GOUTE:

bonbon ak Ji

MANJE MATIN:

Fwi
bonbon
ak Lèt

25

MANJE MIDI:

pepit poul ak sòs tomat
Diri mawon
Peas & kawòt
Fwi ak Lèt

GOUTE:

Pretzels ak Ji

MANJE MATIN:

Fwi
Ze Grenpe
pen tranche ak Lèt

26

MANJE MIDI:

Patty Poul
Diri mawon
kawòt
mayi
Fwi ak Lèt

GOUTE:

Chips ak Ji

MANJE MATIN:

Fwi
Pen Bannann
ak Lèt

27

MANJE MIDI:

oriental fri diri
Legim Melanje
Fwi ak Lèt

GOUTE:

Bonbon ak Ji

MANJE MATIN:

Fwi
Pen ak be
ak Lèt

28

MANJE MIDI:

Pizza
sòs salad vèt melanje ak abiye
Fwi ak Lèt

GOUTE:

bonbon ak Ji

