

February

BREAKFAST & SNACK

MON

TUE

WED

THU

FRI

2

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

3

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

4

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

5

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

6

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples,
Grapes, Yogurt
Dip

9

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

10

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

11

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

12

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

13

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples, Grapes,
Yogurt Dip

16

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

17

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

18

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

19

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

20

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples, Grapes,
Yogurt Dip

23

B: Whole Grain
Cheerios or
Shredded Wheat
Apple Slices

S: Goldfish & Milk

24

B: Pancakes
Bananas

S: Wheat Thins &
Cheese

25

B: Scrambled Eggs
Sausage Links
Hashbrowns
Grapes

S: Whole Grain Muffins
& Milk

26

B: Whole Grain
French Toast
Blueberries

S: Grahams & Milk

27

B: Greek Yogurt
w/ Granola
Strawberries

S: Apples, Grapes,
Yogurt Dip

WHOLE MILK: 12-24
MTHS
FAT FREE MILK: 2 & UP

Menu is
subject to
change.

February

LUNCH

MON

TUE

WED

THU

FRI

2

Hot Dog on Roll
Corn
Grapes

3

Cheesy Beef Pasta
Peas
Strawberries

4

Whole Grain PB&J
Cheese Sticks
Broccoli w/ Dip
Mandarins

5

Chicken Gyro
Whole Grain Pita
Greek Potatoes
Fruit Salad

6

Italian Sausage
Alfredo Ravioli
Green Beans
Baked Apples

9

Whole Grain Ham
& Turkey Subs
Green Beans
Grapes

10

Whole Grain
Chicken Enchiladas
Corn
Mandarins

11

Whole Grain Grilled
Cheese
Tomato Soup
Bananas

12

Chicken &
Noodles
Mixed Veggies
Pears

13

Valentines
Waffles
Sausage Links
Hash Browns
Fruit Salad

16

Whole Grain
Chicken Tacos
Corn
Mandarins

17

Cheeseburger
Empanadas
Green Beans
Bananas

18

Whole Grain
Cheese Quesadilla
Yogurt
Carrots
Apple Slices

19

Turkey Pot Pie
Mixed Veggies
Strawberries

20

Whole Grain
Chicken & Swiss
Sliders
Peas
Grapes

23

Baked Chicken
Butter Parm
Pasta
Green Beans
Peaches

24

Kielbasa Sausage
Biscuit
Roasted Potatoes
Pears

25

Cheese Pizza
Yogurt
Corn
Mandarins

26

Shepherd's Pie
Mixed Veggies
Apple Slices

27

Popcorn Chicken
Corn
Dinner Roll
Blueberries

WHOLE MILK: 12-24
MTHS
FAT FREE MILK: 2 & UP

Menu is
subject to
change.