



FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	1 Breakfast: Fresh Banana, whole grain cheerios, fresh milk Lunch: Sloppy Joes, whole wheat roll, roasted glazed diced sweet potatoes, apple sauce Snack: Mozzarella string cheese, Graham crackers	2 Breakfast: Apple Wedges, Fresh Baked Banana Bread (no nuts), fresh milk Lunch: Turkey meatballs with turkey gravy, brown rice, roasted zucchini and squash, diced peaches Snack: Fresh baked corn muffins, yogurt, sliced melon	3 Breakfast: Whole wheat pancakes, diced peaches, turkey bacon, fresh milk Lunch: Cheese ravioli in marinara sauce, whole grain bread sticks, steamed peas & carrots, diced mango Snack: Whole wheat bagels, cream cheese, fresh sliced strawberries	4 Breakfast: Turkey Sausage Patty, Whole Wheat Toast, diced pineapple Lunch: Chicken and cheese quesadilla on whole wheat tortillas, black bean & corn salsa, diced tomatoes, sliced melon Snack: Fresh baked blueberry muffin, fruit salad (no grapes)	5 Breakfast: Whole grain French toast sticks, butter, Orange wedges Lunch: Roasted turkey breast with turkey gravy, sweet potato mashed, bread stuffing, diced pears Snack: Whole wheat tortilla chips, guacamole
	8 Breakfast: Fresh Banana, whole grain cheerios, fresh milk Lunch: Grilled cheese on wheat toast, baked tater tots, steamed diced carrots, diced pears Snack: Whole grain tortilla chips, tomato salsa, apple sauce	9 Breakfast: Apple Wedges, Fresh Baked Banana Bread (no nuts), fresh milk Lunch: Grilled diced chicken breast, brown rice pilaf, steamed corn, fresh sliced strawberries Snack: Fresh baked blueberry muffins, diced watermelon	10 Breakfast: Whole wheat pancakes, diced peaches, turkey bacon, fresh milk Lunch: Meatballs in marinara sauce, whole grain spaghetti with marinara, roasted zucchini and squash, orange wedges Snack: Cheese cubes, whole wheat cracker, diced mango	11 Breakfast: Turkey Sausage Patty, Whole Wheat Toast, diced pineapple Lunch: Cheese pizza, steamed broccoli, applesauce Snack: Cucumber slices, string cheese	12 Breakfast: Whole grain French toast sticks, butter, Orange wedges Lunch: Grilled diced chicken breast, whole wheat penne pasta in marinara sauce, green beans, fruit salad (no grapes) Snack: Fresh bakes zucchini bread, diced peaches
Week 1	15 Breakfast: Fresh Banana, whole grain cheerios, fresh milk Lunch: Turkey Salisbury steak, turkey gravy, brown rice, steamed peas & carrots, applesauce Snack: Fresh baked Raisin bread with grape jelly, diced pineapples	16 Breakfast: Apple Wedges, Fresh Baked Banana Bread (no nuts), fresh milk Lunch: Grilled Chicken Breast, whole wheat penne pasta in basil Alfredo sauce, steamed broccoli florets, diced melon Snack: Diced watermelon, Goldfish crackers	17 Breakfast: Whole wheat pancakes, diced peaches, turkey bacon, fresh milk Lunch: Build your own tacos-corn and flour tortillas, seasoned ground beef, cheddar cheese, sour cream, diced tomatoes, shredded lettuce, black beans, & guacamole, and steamed snow peas Snack: Fresh baked blueberry muffins, fresh sliced strawberries	18 Breakfast: Turkey Sausage Patty, Whole Wheat Toast, diced pineapple Lunch: Baked fish sticks, Cheesy whole grain pasta shells, green beans, steamed corn Snack: Soft pretzel bites with honey mustard, diced pears	19 Breakfast: Whole grain French toast sticks, butter, Orange wedges Lunch: Grilled chicken breast bites, mashed potatoes, roasted zucchini and squash, whole grain dinner rolls Snack: Cheese cubes, whole wheat crackers, fruit salad
	22 Breakfast: Fresh Banana, whole grain cheerios, fresh milk Lunch: Sloppy Joes, whole wheat roll, roasted glazed diced sweet potatoes, apple sauce Snack: Mozzarella string cheese, Graham crackers	23 Breakfast: Apple Wedges, Fresh Baked Banana Bread (no nuts), fresh milk Lunch: Turkey meatballs with turkey gravy, brown rice, roasted zucchini and squash, diced peaches Snack: Fresh baked corn muffins, yogurt, sliced melon	24 Breakfast: Whole wheat pancakes, diced peaches, turkey bacon, fresh milk Lunch: Cheese ravioli in marinara sauce, whole grain bread sticks, steamed peas & carrots, diced mango Snack: Whole wheat bagels, cream cheese, fresh sliced strawberries	25 Breakfast: Turkey Sausage Patty, Whole Wheat Toast, diced pineapple Lunch: Chicken and cheese quesadilla on whole wheat tortillas, black bean & corn salsa, diced tomatoes, sliced melon Snack: Fresh baked blueberry muffin, fruit salad (no grapes)	26 Breakfast: Whole grain French toast sticks, butter, Orange wedges Lunch: Roasted turkey breast with turkey gravy, sweet potato mashed, bread stuffing, diced pears Snack: Whole wheat tortilla chips, guacamole
Week 2	22 Breakfast: Fresh Banana, whole grain cheerios, fresh milk Lunch: Sloppy Joes, whole wheat roll, roasted glazed diced sweet potatoes, apple sauce Snack: Mozzarella string cheese, Graham crackers	23 Breakfast: Apple Wedges, Fresh Baked Banana Bread (no nuts), fresh milk Lunch: Turkey meatballs with turkey gravy, brown rice, roasted zucchini and squash, diced peaches Snack: Fresh baked corn muffins, yogurt, sliced melon	24 Breakfast: Whole wheat pancakes, diced peaches, turkey bacon, fresh milk Lunch: Cheese ravioli in marinara sauce, whole grain bread sticks, steamed peas & carrots, diced mango Snack: Whole wheat bagels, cream cheese, fresh sliced strawberries	25 Breakfast: Turkey Sausage Patty, Whole Wheat Toast, diced pineapple Lunch: Chicken and cheese quesadilla on whole wheat tortillas, black bean & corn salsa, diced tomatoes, sliced melon Snack: Fresh baked blueberry muffin, fruit salad (no grapes)	26 Breakfast: Whole grain French toast sticks, butter, Orange wedges Lunch: Roasted turkey breast with turkey gravy, sweet potato mashed, bread stuffing, diced pears Snack: Whole wheat tortilla chips, guacamole

Soy and coconut milk available for medically documented, special dietary needs. 1% and whole milk are offered for breakfast and lunch.