

Breakfast

February 1 - February 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fruit-1 Milk-8oz	2 Scramble Eggs-4oz Turkey Bacon-3 W/W Toast-1 Fruit-1 Milk-8oz	3 Fruit Smoothies-1 1/2c Strawberry-1/2c & Banana-1/2c Orange Juice-4oz W/G Waffle Grahams-2 Cereal-1oz Milk-8oz
6 Bagels-1 with Cream Cheese Fruit-1 Milk-8oz	7 Oatmeal-1c Graham Crackers-2 Fruit-1 Milk-8oz	8 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fruit-1 Milk-8oz	9 W/G Waffles-2 Turkey Sausage-3 Fruit-1 Milk-8oz	10 Fruit Smoothies-1 1/2c Mix Fruit-1c Apple Juice-4oz W/G Waffle Grahams-2 Cereal-1oz Milk-8oz
13 Muffins-1 Waffle Grahams-2 Fruit-1 Milk-8oz	14 Scramble Eggs-4oz Turkey Sausage-3 W/G Bread-1 Fruit-1 Milk-8oz	15 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fruit-1 Milk-8oz	16 Pancakes-3 Turkey Bacon-3 Fruit-1 Milk-8oz	17 Fruit Smoothies- 1 1/2c Peaches-1/2c & Banana-1/2c Orange Juice-4oz W/G Waffle Grahams-2 Cereal-1oz Milk-8oz
20 NO SCHOOL	21 Bagels-1 With Cream Cheese Fruit-1 Milk-8oz	22 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fruit-1 Milk-8oz	23 Scramble Eggs-4oz Turkey Sausage-3 W/G Bread-1 Fruit-1 Milk-8oz	24 Fruit Smoothies-1 1/2c Bluedberries-1/2c & Strawberry-1/2c Apple Juice-4oz W/G Waffle Grahams-2 Cereal-1oz Milk-8oz
27 Muffins-1 Waffle Grahams-2 Fruit-1 Milk-8oz	28 Oatmeal-1c Graham Crackers-2 Fruit-1 Milk-8oz			



PRE-K

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Fruit Snacks Fruit	2 Goldfish Fruit	3 Choc Graham Crackers Fruit	4
5	6 Animal Crackers Fruit	7 Peanut Butter Crackers Fruit	8 Oatmeal Cookies Fruit	9 Trail Mix Fruit	10 Granola Bar Fruit	11
12	13 Graham Crackers Fruit	14 Go-Gurt Fruit	15 Cheese-It Fruit	16 Cheese Stick Fruit	17 Pretzels Fruit	18
19	20 NO SCHOOL	21 Fruit Snacks Fruit	22 Goldfish Fruit	23 Choc Graham Crackers Fruit	24 Animal Crackers Fruit	25
26	27 Peanut Butter Crackers Fruit	28 Oatmeal Cookies Fruit				

February 1 - February 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Breaded Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4c Raspberry Lemonade Craisins-1/2c Milk-8oz	7 Beef Taco with Cheddar Cheese W/G Soft Shell-2 Celery Sticks W/Dip-3/4c Fruit Cup-1 Milk-8oz	8 Chicken on Romaine Salad Fresh Carrots W/Dip-1c Dinner Roll-1 Pudding Cup-1 Milk-8oz	9 All Beef Hot Dog Whole Wheat Bun-1 Tater Tots-3/4c Banana-1 Milk-8oz	10 3x5 Pizza-2 Cucumber W/Dip-3/4c Pear-1 Milk-8oz
13 Chicken Fingers-3 Corn-3/4c Watermelon Dinner Roll-1 Milk-8oz	14 Chicken Taco with Cheddar Cheese W/G Soft Shell-2 Brown Rice-3/4c Cherry Craisins-1/2c Milk-8oz	15 Turkey With Gravy Mashed Potatoes-3/4c Dinner Roll-1 Fresh Apple-1 Milk-8oz	16 BREAKFAST FOR LUNCH Cheese Omelette-3oz Turkey Sausage-3 Celery Sticks W/Dip-3/4c Banana-1 Milk-8oz	17 3x5 Pizza-2 Tomato Cup-3/4c Clementine-1 Milk-8oz
20 NO SCHOOL	21 Beef Nachos with Cheddar Cheese Sauce-6oz Fresh Carrots W/Dip-1c W/G Tortilla Scoops-1oz Grapes-1/2c Milk-8oz	22 Beef Empanada-5oz Beans Salad-3/4c Pear-1 Milk-8oz	23 All Beef Italian Sub-1 Beef Bologna, Salami, and Amer Cheese on a W/G Sub Roll-1 Fresh Green Beans-1c Apple-1 Milk-8oz	24 3x5 Pizza-2 Salad W/Dressing-1 1/2c Applesauce Cup-1 Milk-8oz
27 Swedish Meatball-3oz Roasted Potato-3/4c Dinner Roll-1 Jello Cup-1 Milk-8oz	28 Chicken Taco with Cheddar Cheese W/G Soft Taco Shell-2 Corn-3/4c Banana-1 Milk-8oz			