

February 2017 Meal Plan

Key: Breakfast, **Breakfast**, Lunch, Snack

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast Lunch <u>Snack</u>			1 Assorted Cereal/Fruit/ Milk Turkey Roll Ups Carrots Mixed Fruit / Milk <u>Chex Mix / Juice / Water</u>	2 Bagels/Fruit / Milk Chicken Sandwich Green Beans Pineapple / Milk <u>Strawberry Cookies/ Juice / Water</u>	3 Assorted Cereal/ Fruit/ Milk Chili with Beans and Vegetables Peaches / Milk <u>Cheese its / Juice / Water</u>	<u>*MENU ITEMS SUBJECT TO CHANGE*</u>
Breakfast Lunch <u>Snack</u>	6 Assorted Cereal/Fruit/ Milk Beef Ravioli Green Beans Mixed Fruit / Milk <u>Nutri-grain Bars/Juice/ Water</u>	7 Pancakes/Fruit/Milk Chicken Nuggets Mixed Vegetables Pears / Milk <u>Wheat Crackers/String Cheese/ Juice /Water</u>	8 Assort. Pop tarts/Fruit/Milk Ham & Rolls Peas Mandarin Oranges / Milk <u>Chocolate Animal Crackers/ Juice / Water</u>	9 Waffles/Fruit/Milk Beef Tacos with Tomatoes Black Beans Apple Slices / Milk <u>Ritz Crackers /Pickles / Juice / Water</u>	10 Assorted Cereal/Fruit/ Milk Cheese Pizza Corn Pineapple / Milk <u>Sugar Cookies / Juice / Water</u>	<u>*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.</u>
Breakfast Lunch <u>Snack</u>	13 Assorted Cereal/Fruit/ Milk Fish Sticks Mixed Vegetables Peaches / Milk <u>Snack Mix / Juice / Water</u>	14 French Toast/Fruit/ Milk Country Fried Steak Mashed Potatoes Mixed Fruit / Milk <u>Oatmeal Cookies / Juice / Water</u>	15 Assorted Cereal/Fruit/ Milk Bologna & Cheese Sandwich Green Beans Apple Sauce / Milk <u>Veggie Straws / Juice / Water</u>	16 Pancake Bites/Fruit/ Milk Chicken Alfredo Roasted Broccoli Mandarin Oranges / Milk <u>Teddy Grahams / Juice / Water</u>	17 Assorted Cereal/Fruit/ Milk BBQ Beef Sandwiches Carrots Pears / Milk <u>Whole Grain Goldfish / Juice / Water</u>	<u>***Indicates the lunch may contain Dairy**</u>
Breakfast Lunch <u>Snack</u>	20 Assorted Cereal/Fruit/ Milk Corn Dog Nuggets Peas Pineapple / Milk <u>Fig Newtons / Juice / Water</u>	21 Sausage Biscuit/Fruit/Milk Turkey & Cheese Sliders Carrots Apple Slices / Milk <u>Pretzel Twist / Juice / Water</u>	22 Assort. Poptarts/Fruit/ Milk Macaroni & Cheese Green Beans Mixed Fruit / Milk <u>Graham Crackers /Raisin / Juice / Water</u>	23 Lemon Muffins/Milk Steak Fingers Corn Peaches / Milk <u>Rich & Crisp Crackers / Juice / Water</u>	24 Assorted Cereal/Fruit/ Milk Chicken Pot Pie with mixed Vegetables Mandarin Oranges / Milk <u>Vanilla Wafers / Pudding / Juice / Water</u>	
Breakfast Lunch <u>Snack</u>	27 Assorted Cereal/Fruit/ Milk Beef Nuggets Mixed Vegetables Pears / Milk <u>Whole Grain Sun Chips / Juice / Water</u>	28 Bagels/Fruit/ Milk Hot Dog with Bun Corn Pineapple / Milk <u>Animal Crackers / Juice / Water</u>	1 Assorted Cereal/Fruit/ Milk Hamburger Hash Peas Apple Sauce / Milk <u>Oyster Crackers / Cheese Slices / Juice / Water</u>	2 Blueberry Pancakes/ Milk Chicken Stir-Fry with Rice (Mixed Vegetables) Mixed Fruit / Milk <u>Fruit Bars / Juice / Water</u>	3 Assorted Cereal/Fruit/ Milk Lasagna with Meat Sauce Salad Peaches / Milk <u>Chex Mix / Juice / Water</u>	