

Meal Plan February 2018

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

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast				1 Pancakes / Milk	2*** Assorted Cereal/Fruit/Milk	*MENU ITEMS SUBJECT TO CHANGE*
Lunch				Hamburger Hash Green Beans Mandarin Oranges / Milk	Chicken Broccoli & Rice Casserole Pineapple / Milk	
<u>Snack</u>				<u>Oatmeal Cookies / Juice / Water</u>	<u>Fruit Bars / Juice / Water</u>	
Breakfast	5*** Assorted Cereal/Fruit/Milk	6 Waffles/Strawberries/Milk	7*** Assorted Cereal/Fruit/Milk	8 Muffins/Yogurt/Milk	9*** Assorted Cereal/Fruit/Milk	*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.
Lunch	Macaroni & Cheese Roasted Broccoli Apple Slices / Milk	Grilled Chicken Nuggets Carrots Pears / Milk	Cheeseburger with Bun Mixed Vegetables Mandarin Oranges / Milk	Fish Sticks Peas Mixed Fruit / Milk	Ham & Cheese Roll Ups Corn Peaches / Milk	
<u>Snack</u>	<u>Oyster Crackers / Raisins / Juice / Water</u>	<u>Butter Ring Cookies / Juice / Water</u>	<u>Whole Grain Sun Chips / Juice / water</u>	<u>Teddy Grahams / Juice / Water</u>	<u>Chex Mix / Juice / Water</u>	
Breakfast	12*** Assorted Cereal/Fruit/Milk	13*** Sausage Biscuits / Milk	14 Assorted Cereal/Fruit/Milk	15 Blueberry Pancakes / Milk	16*** Assorted Cereal/Fruit/Milk	***Indicates the lunch may contain Dairy**
Lunch	Steak Fingers Mashed Potatoes Pineapple / Milk	Lasagna with meat sauce Green Beans Mixed Fruit / Milk	Chicken Sandwich Tater Tots Peaches / Milk	Beef Tacos Corn Apple Slices / Milk	Chicken Noodle Casserole Mixed Vegetables Mandarin Oranges	
<u>Snack</u>	<u>Oatmeal Cream Pies / Juice / Water</u>	<u>Mini Pretzel Twist / Juice / Water</u>	<u>Vanilla Wafers / Juice / Water</u>	<u>Wheat Crackers / Sting Cheese / Juice / Water</u>	<u>Chocolate Chip Cookies / Juice / Water</u>	
Breakfast	19 Assorted Cereal/Fruit/Milk	20*** Pancake Bites / Milk	21 Assorted Cereal/Fruit/Milk	22*** Hash browns / Milk	23 Assorted Cereal/Fruit/Milk	
Lunch	Chicken Nuggets Carrots Peaches / Milk	Cheese Pizza Corn Pineapple / Milk	Hot Dog with Bun Mixed Vegetables Mixed Fruit / Milk	Cheese Tortellini Roasted Broccoli Apple Sauce / Milk	Beef Nuggets Green Beans Pears / Milk	
<u>Snack</u>	<u>Rich & Crisp Crackers / Juice / Water</u>	<u>Graham Crackers / Raisins / Juice / Water</u>	<u>Whole Grain Goldfish / Juice / Water</u>	<u>Strawberry Crème Cookies / Juice / Water</u>	<u>Ritz Crackers / Cheese Cubes / Juice / Water</u>	
Breakfast	26*** Assorted Cereal/Fruit/Milk	27*** Waffles/Strawberries/Milk	28 Assorted Cereal/Fruit/Milk	1*** Pancakes / Milk	2*** Assorted Cereal/Fruit/Milk	
Lunch	Pasta with Red Sauce & Cheese Roasted Broccoli Apple Slices / Milk	Ham Patty & Rolls Mashed Potatoes Mixed Fruit / Milk	Corn Dog Nuggets Carrots Pineapple / Milk	Pizza Quesadilla Salad Mandarin Oranges / Milk	Cheesy Beef & Rice Casserole Corn Peaches / Milk	
<u>Snack</u>	<u>Lemon Crème Cookies / Juice / Water</u>	<u>Cheese it Party Mix / Juice / Water</u>	<u>Animal Crackers / Juice / Water</u>	<u>Saltine Crackers / Cheese Slices / Juice / Water</u>	<u>Sugar Cookies / Juice / Water</u>	