



February Menu

GREEN = Wheat, Whole-Grain, & Multi-Grain Items

Blue = Vegetarian Option

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2		3	4	5
Breakfast	Chef's Choice Day	WG Cereal, Banana, 1% Milk	WG Mini Bagel, Cream Cheese, 1% Milk	WG French Toast Sticks, Blueberries, 1% Milk	WG Blueberry Muffin, Diced Pears, 1% Milk
Lunch	Chef's Choice Day	Chicken & Cheese Quesadilla WG Tortilla (Cheese Quesadilla) , Diced Pears, Green Beans, 1% Milk	Diced Chicken Alfredo with WG Pasta (Vegan Crumbles) , Tropical Fruit, Sweet Peas, 1% Milk	Meatloaf (Vegetarian Griller), Diced Peaches, Mashed Potatoes, 1% Milk	Turkey Sausage Patty (Veggie Nuggets), WG Biscuit , Diced Carrots, Mixed Fruit, 1% Milk
PM Snack	Chef's Choice Day	Vanilla Wafers, Strawberry Yogurt, Water	Cucumber Slices, Hummus, Water	Diced Pears, Animal Crackers, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water
	9		10	11	12
Breakfast	WG Pancake, Mixed Berries, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Cereal, Banana, 1% Milk - Whole Milk	WG Banana Muffin, Blueberries, 1% Milk	Chef's Choice
Lunch	WG Pizza (Mozzarella Cheese Pizza), Mixed Veggies, Tropical Fruit, 1% Milk,	Chicken Patty on WG Bread (Vegetarian Griller) , Diced Peaches, Corn, 1% Milk	Turkey & Cheese on WG Bread (Cheese Sand) , Diced Carrots, Diced Pears, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Pineapple Tidbits, Green Beans, 1% Milk	Chef's Choice
PM Snack	WG Graham Crackers, Applesauce, Water	Fresh Apple Slices, Sunbutter, Water	Townhouse Crackers, Cheese Slice, Water	WG Goldfish Crackers, Applesauce, Water	Chef's Choice
	16		17	18	19
Breakfast		WG Waffle, Berry, 1% Milk	WG Oatmeal Bar, Diced Peaches, 1% Milk	WG Blueberry Muffin, Diced Pears, 1% Milk	WG Cereal, 1/2 Banana, 1% Milk
Lunch	School Closed - Professional Development Day	Diced Chicken with Orange Sauce (WG Vegan Chicken Nuggets), Brown Rice, Corn, Mandarin Oranges, 1% Milk	WG Chicken Nuggets (WG Vegan Nugget), Pineapple, Green Beans, 1% milk - Whole Milk	Diced Turkey Ham (Vegan Crumbles), Mashed Potatoes, Fruit Cocktail, 1% Milk	Burger with Cheese on a WG Bun (Vegetarian Griller) , Potato Coins, Pineapple Tidbits, 1% Milk
PM Snack		Apple Straws, Yogurt, Water	WG Pita, Hummus, Water	Fresh Apple Slices, Mozzarella String Cheese, Water	Townhouse Crackers, American Cheese Slice, Water
	23		24	25	26
Breakfast	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk	WG Cereal, Banana, 1% Milk	WG Oatmeal Bar, Mixed Fruit, 1% Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk	Chef's Choice
Lunch	Mac N Cheese with WG Pasta , Broccoli, Diced Peaches 1% Milk	Shredded Chicken with BBQ Sauce (Vegan Crumbles), Peas, Pineapple Tidbits, 1% Milk	Cheese Pizza with WG Crust , Peas, Tropical Fruit, 1% Milk	Meatloaf (Vegetarian Griller), Diced Peaches, Mixed Veggies, 1% Milk	Chef's Choice
PM Snack	WG Muffin, Mandarin Oranges, Water	Apple Slices, Cheez Itz, Water	WG Vanilla Graham Bear, Diced Pineapples, Water	Diced Mandarin Oranges, WG Animal Crackers , Water	Chef's Choice

Beginner Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz). Canned fruit in natural juices.