



February 2020 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	5 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
10 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	11 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	13 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	14 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
17 <p style="text-align: center;">Closed for President's Day</p>	18 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	19 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	20 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	21 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
24 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	25 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	26 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	27 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	28 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
				<i>Age appropriate milk must be served with breakfast</i>

+Whole grain



February 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll * Fresh fruit	4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter * Fresh fruit	7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	11 (V) Whole grain pizza* Garden salad Fresh fruit	12 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
17 <p style="text-align: center;">Closed For President's Day</p>	18 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	19 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 (V) Lasagna Tossed salad Fresh fruit
				<i>Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan