



February



Monday	Tuesday	Wednesday	Thursday	Friday
		<i>Happy Valentine's Day</i>		
3) AM: Waffles w/ syrup L: Quesadillas, black beans, pears PM: Fig Bars V: Same	4) AM: Apple sauce & grahams L: Spaghetti, mixed veggies, fruit PM: Crackers w/ Hummus V: Same	5) AM: Cereal bars & bananas L: Meatballs, mashed potatoes, fruit PM: Cheez-its V: Vegetarian "meatballs"	6) AM: Blueberry Muffins L: Chicken fried rice, mixed veggies, seasonal fruit PM: Crackers w/ cheese V: Fried rice	7) AM: French Toast L: DIY Lunchables, fries, fruit PM: Goldfish V: Egg protein
10) AM: Toast w/ Jelly L: Cheese Lasagna, broccoli, fruit PM: Animal crackers V: Same	11) AM: Cereal bars L: Chicken nuggets, fries, fruit PM: Hummus and Crackers V: Veggie nuggets	12) AM: Cereal w/ milk L: Grilled cheese, fries, fruit PM: Valentine's Day Treats!! V: Same	13) AM: Yogurt & grahams L: BBQ sandwich, mixed veggies, fruit PM: Cereal Bars V: Meatless alternative	14) AM: Cereal & Milk L: Eggs & Pancakes, potatoes, fruit PM: Nut free Trail Mix V: Same
17) AM: Bagels & Cream Cheese L: Chicken alfredo pasta, broccoli, peaches PM: Veggie Straws V: Same	18) AM: French Toast L: Chicken Burrito bowl, black beans, pears PM: Fig Bars V: Black Bean burrito bowl	19) AM: Apple sauce & grahams L: Pasta salad, mixed veggies, fruit PM: Crackers w/ Hummus V: Same	20) AM: Cereal bars L: Turkey Sandwich, carrots, fruit PM: Cheez-its V: Cheese sandwich	21) AM: Blueberry Muffins L: Chicken fried rice, mixed veggies, fruit PM: Chocolate Pudding V: Fried rice
24) AM: Pancakes w/ syrup L: Cheese Pizza, peas & carrots, oranges PM: Cereal bars V: Same	25) AM: Cheesy Eggs L: Sliders, smiley potatoes, fruit PM: Veggies straws V: veggie patties	26) AM: Yogurt w/ fruit L: Mac & Cheese, mixed veggies, pears PM: Cucumbers & ranch V: Same	27) AM: Waffles w/ syrup L: Chicken Sandwich, fries, peaches PM: Goldfish V: Veggie patty	28) AM: Biscuits & Jelly L: Cheese Ravioli, veggies, fruit PM: Animal Crackers V: Same