



# February



Monday	Tuesday	Wednesday	Thursday	Friday
		<i>Happy Valentine's Day</i>		
2) AM: English muffins L: Quesadillas, black beans, pears PM: Fig bars V: Cheese Quesadillas	3) AM: Apple sauce & graham L: Chicken nuggets, mixed veggies, fruit PM: Nut free trail mix V: veggie nuggets	4) AM: Cereal bars & bananas L: Veggie stew w/ butter bread and fruit PM: Cheez-its V: Same	5) AM: Blue berry Muffins L: Chicken fried rice, mixed veggies, fruit PM: Crackers w/ cheese V: Fried rice	6) AM: French Toast Sticks L: Mac and cheese, veggies, fruit PM: Goldfish V: Same
9) AM: Toast w/ Jelly L: Cheese Lasagna, broccoli, fruit PM: Animal crackers V: Same	10)AM: Cereal bars L: Chicken pot pie, veggies, fruit PM: Hummus and Crackers V: Veggie nuggets	11) AM: Cereal w/ milk L: Grilled cheese, fries, fruit PM: Nut free Trail Mix V: Same	12) AM: Yogurt & graham L: Spaghetti, mixed veggies, fruit PM: Cereal Bars V: Same	13) AM: Cereal & Milk L: Eggs & Pancakes, fruit PM: Friendship Parties! V: Same
16) AM: Bagels & Cream Cheese L: Chicken alfredo pasta, broccoli, peaches PM: Veggie Straws V: alfredo pasta	17) AM: French Toast Sticks L: Quesadillas, black beans, pears PM: Fig Bars V: Same	18) AM: Apple sauce & graham L: Veggie ramen, mixed veggies, fruit PM: Crackers w/ Hummus V: Same	19) AM: Cereal bars L: Turkey Sandwich, carrots, fruit PM: Cheez-its V: Cheese sandwich	20) AM: Muffins L: Chicken fried rice, mixed veggies, fruit PM: Fruit V: Fried rice
23) AM: Pancakes w/ syrup L: Pizza, peas & carrots, oranges PM: Cereal bars V: Same	24) AM: Biscuits & Jelly L: Ravioli, veggies, fruit PM: Animal Crackers V: cheese ravioli	25) AM: Yogurt w/ fruit L: Mac & Cheese, mixed veggies, pears PM: Cucumbers & ranch V: Same	26) AM: Waffles w/ syrup L: Chicken Sandwich, fries, peaches PM: Goldfish V: veggie patty	27) AM: Pancakes w/ syrup L: Tex-Mex casserole, beans, fruit PM: Graham crackers V: Garlic Noodles

Milk is served with Breakfast & Lunch Water is served throughout the day AM= 9:00am morning snack L=11:30am Lunch PM= 3:00pm Afternoon snack