

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<u>Mini Bagel w/ Cream Cheese</u> B: --, Bagel, --, Bananas, Lowfat Milk - 1% Fruit: bananas <u>Beans & Rice.</u> L: Black Beans, Brown Rice(WG), Cucumbers, Bananas, Lowfat Milk - 1% Fruit: bananas Vegetable: cucumbers <u>Cheese & Oranges</u> P: String Cheese, --, --, Oranges, -- Fruit: oranges	3	<u>Ham&Cheese Sandwich</u> B: Ham & Cheese, White / Wheat Bread(WG), --, Strawberries, Lowfat Milk - 1% Fruit: strawberries <u>Chicken Alfredo.</u> L: Chicken Breast, Noodles / Pasta, Mixed Vegetables, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetable: mix vegetables <u>Rice Cakes w/ Juice</u> P: --, Rice Cake, --, Apple Juice, -- Juice: apple juice	4	<u>French Toast</u> B: Egg, Total Whole Wheat(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Fried Rice</u> L: Pork, White Rice (Enriched), Tomatoes Fresh/Sliced, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: Tomatoes fresh/sliced <u>Apples & Peanut Butter</u> P: Peanut Butter, --, --, Apple Juice, -- Fruit: apple juice	5	<u>Egg+Toast+Fruit</u> B: Egg, Buttered Toast(WG), --, Tangerines, Lowfat Milk - 1% Fruit: tangerines <u>Turkey Chili</u> L: Turkey Ground, Tortilla, Beans, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetable: beans <u>Goldfish & Juice</u> P: --, Goldfish Crackers, --, Apple Juice, -- Juice: apple juice	6	<u>Waffle & Apple Sauce.</u> B: --, Waffles, --, Applesauce, Lowfat Milk - 1% Fruit: apples <u>Fish Fillets & Quinoa</u> L: Fish Sticks (CN Label Only), Brown Rice(WG), Tomatoes Fresh/Sliced, Cantaloupe, Lowfat Milk - 1% Fruit: cantaloupe Vegetables: Tomatoes fresh/sliced <u>Fruit Cocktail & Crackers</u> P: --, Hi Ho / Ritz Crackers, --, Apples, -- Fruit: apples
9	<u>Frittata & Toast</u> B: Egg, Waffles, --, Applesauce, Lowfat Milk - 1% Fruit: applesauce <u>Lentil Stew.</u> L: Lentils, Brown Rice(WG), Tomatoes Fresh/Sliced, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetables: tomatoes fresh sliced <u>Rice Cakes w/ Juice</u> P: --, Rice Cake, --, Apple Juice, -- Juice: apple juice	10	<u>Ham&Cheese Sandwich</u> B: Ham & Cheese, White / Wheat Bread(WG), --, Bananas, Lowfat Milk - 1% Fruit: bananas <u>Smash Turkey Burger</u> L: Turkey Ground, White Rice (Enriched), Mixed Vegetables, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetables: mixed vegetables <u>Apples & Peanut Butter</u> P: Peanut Butter, --, --, Apples, -- Fruit: apples	11	<u>Banana Pancakes.</u> B: --, Oatmeal(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Chicken Soup.</u> L: Chicken Breast, Noodles / Pasta, Carrots, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: carrots <u>Cheese & Oranges</u> P: String Cheese, --, --, Oranges, -- Fruit: oranges	12	<u>French Toast</u> B: Egg, Total Whole Wheat(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries <u>Pasta Pesto.</u> L: Chicken Breast, Noodles / Pasta, Spinach, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetables: spinach <u>Bagel Pizza</u> P: --, Goldfish Crackers, --, Orange Juice, -- juice: orange juice	13	<u>Egg+Toast+Fruit</u> B: Egg, Buttered Toast(WG), --, Honeydew Melon, Lowfat Milk - 1% Fruit: honeydew <u>Chicken Wings</u> L: Chicken Legs, Rice, Mashed Potatoes, Apples, Lowfat Milk - 1% Fruit: apples Vegetables: mashed potatoes <u>Ritz & Juice</u> P: --, Hi Ho / Ritz Crackers, --, Apple Juice, -- Juice: apple juice

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16	<u>Waffle & Apple Sauce.</u> B: --, Waffles, --, Applesauce, Lowfat Milk - 1% Fruit: apple sauce <u>Lentil Stew.</u> L: Lentils, Brown Rice(WG), Mixed Vegetables, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetables: mixed vegetables <u>Ritz & Juice</u> P: --, Hi Ho / Ritz Crackers, --, Apple Juice, -- Fruit: apple juice	17	<u>French Toast</u> B: Egg, Total Whole Wheat(WG), --, Strawberries, Lowfat Milk - 1% Fruit: strawberries <u>Red Pasta.</u> L: Beef Ground, Noodles / Pasta, Carrots, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetables: carrots <u>Hawaiian Rolls</u> P: --, Hawaiian Bread, --, Oranges, -- Fruit: oranges	18	<u>Banana Pancakes</u> B: Egg, Oatmeal(WG), --, Bananas, Lowfat Milk - 1% Fruit: bananas <u>Fried Rice</u> L: Egg, Brown Rice(WG), Cucumbers, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: cucumber <u>Apples & Peanut Butter</u> P: Peanut Butter, --, --, Apple Juice, -- Juice: apple juice	19	<u>Egg+Toast+Fruit</u> B: Egg, Buttered Toast(WG), --, Strawberries, Lowfat Milk - 1% Fruit: strawberries <u>Turkey Chili</u> L: Turkey Ground, Tortilla, Beans, Mixed Fruit, Lowfat Milk - 1% Fruit: oranges Vegetable: beans <u>Goldfish & Juice</u> P: --, Goldfish Crackers, --, Apple Juice, -- Juice: apple juice	20	<u>Ham&Cheese Sandwich</u> B: Ham & Cheese, White / Wheat Bread(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries <u>Chicken Wings</u> L: Chicken Legs, Rice(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Fruit: oranges Vegetables: mixed vegetables <u>Cheese & Oranges</u> P: String Cheese, --, --, Oranges, -- Fruit: oranges
23	<u>Frittata & Toast</u> B: Egg, Buttered Toast(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Beans & Rice.</u> L: Black Beans, Brown Rice(WG), Mixed Vegetables, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetable: mix vegetables <u>Ritz & Juice</u> P: --, Hi Ho / Ritz Crackers, --, Orange Juice, -- Juice: orange juice	24	<u>Banana Pancakes.</u> B: --, Oatmeal(WG), --, Mixed Fruit, Lowfat Milk - 1% Fruit: cantaloupe <u>Red Pasta</u> L: Beef Ground, Noodles / Pasta, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Fruit: watermelon Vegetable: carrots <u>Cheese & Oranges</u> P: String Cheese, --, --, Oranges, -- fruit: oranges	25	<u>French Toast</u> B: Egg, Total Whole Wheat(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Guiso de Pollo</u> L: Chicken Breast, Brown Rice(WG), Carrots, Mixed Fruit, Lowfat Milk - 1% Fruit: tangerines Vegetable: mixed vegetables <u>Hawaiian Rolls</u> P: --, Hawaiian Bread, --, Orange Juice, -- juice: orange juice	26	<u>Banana Pancakes</u> B: --, Oatmeal(WG), --, Bananas, Lowfat Milk - 1% Fruit: cantaloupe <u>Chicken Soup.</u> L: Chicken Breast, Noodles / Pasta, Carrots, Bananas, Lowfat Milk - 1% Fruit: bananas <u>Chips & Guac</u> P: --, Whole Grain Chips, Avocado, --, --	27	<u>Buttered Toast+Ham</u> B: Turkey Ham, Buttered Toast(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries <u>Last Friday Pizza.</u> L: Cheese, Pizza Crust, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Fruit: apples Vegetables: Tomatoes Fresh/sliced <u>Goldfish & Juice</u> P: --, Goldfish Crackers, --, Orange Juice, -- Juice: orange juice

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