

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 B – Muffin, apples S – Cheese and crackers L – Pineapple chicken, rice, peas, grapes, cucumbers S – Trail Mix
4 B – Pancakes, berries S- Grapes, cheese L – Chicken burger, fries, pears & peaches S- Carrots, cucumbers, hummus	5 B – Cereal, banana S – Quesadilla L – Lentils, rice, red peppers, apples, carrots S – Trail Mix	6 B – Eggs, toast, oranges S – Cottage cheese, peaches L – Baked fish, quinoa, cucumbers, peas, grapes S – Chips and salsa	7 B – Yogurt, berries, granola S- Crackers, cream cheese, cucumbers L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Popcorn, raisins	8 B – English Muffin, banana S – Rice cake, sunbutter, raisins L – Turkey taco, rice, beans oranges, apples S – Carrots, cucumbers, hummus
11 B – Oatmeal, berries S – Strawberry, cream cheese sandwich L – Spaghetti, peas, apples, celery S – Trail mix	12 B – Sausage, oranges, toast S – Popcorn, raisins L – Chicken noodle soup, wh. wheat roll, apple, peas S – Turkey roll-up	13 B – Cereal, banana S – Apples, sun butter L – Mini-Pizza, olives, apples, broccoli S- Cottage cheese, pineapple	14 B – Hashbrowns, eggs, oranges S – Rice cake, sun butter, raisins L – Turkey wrap, grapes, celery, cauliflower S – Valentine’s Day Snack	15 NO SCHOOL!
18 B – Pancakes, berries S- Grapes, cheese L – Chicken burger, fries, pears & peaches S- Carrots, cucumbers, hummus	19 B – Cereal, banana S – Quesadilla L – Lentils, rice, red peppers, apples, carrots S – Trail Mix	20 B – Eggs, toast, oranges S – Cottage cheese, peaches L – Baked fish, quinoa, cucumbers, peas, grapes S – Chips and salsa	21 B – Yogurt, berries, granola S- Crackers, cream cheese, cucumbers L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Popcorn, raisins	22 B – English Muffin, banana S – Rice cake, sunbutter, raisins L – Turkey taco, rice, beans oranges, apples S – Carrots, cucumbers, hummus
25 B – Oatmeal, berries S – Strawberry, cream cheese sandwich L – Spaghetti, peas, apples, celery S – Trail mix	26 B – Sausage, oranges, toast S – Popcorn, raisins L – Chicken noodle soup, wh. wheat roll, apple, peas S – Turkey roll-up	27 B – Cereal, banana S – Apples, sun butter L – Mini-Pizza, olives, apples, broccoli S- Cottage cheese, pineapple	28 B – Hashbrowns, eggs, oranges S – Rice cake, sun butter, raisins L – Turkey wrap, grapes, celery, cauliflower S – Carrots, cucumbers hummus	