

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>B – Yogurt, berries, granola S- Apples, cheese L – Chicken bites, fries, pears & peaches S- Carrots, cucumbers, hummus</p>	<p>B – Muffin, banana S – Cheese, crackers, turkey L – Lentils, rice, red peppers, apples, carrots S – Trail Mix</p>	<p>B – Eggs, toast, oranges S – Cottage cheese, peaches L – Turkey Meatballs, Roll, cucumbers, peas, applesauce S – Chips and salsa</p>	<p>B – Pancakes, berries S- Crackers, cream cheese, cucumbers L – Gr. Cheese, tomato soup, broccoli, pears, oranges S- Rice cake, jelly, raisins</p>	<p>B – Cereal, apples S – Strawberry, cream cheese sandwich L – Quesadilla, beans, oranges, apples, cauliflower S – Apples, pretzels</p>
10	11	12	13	14
<p>B – Oatmeal, berries S – Carrots, cucumbers, dip L – Spaghetti, peas, apples, celery S – Trail mix</p>	<p>B – Sausage, oranges, toast S – Crackers, cream cheese, cucumbers L – Tuna Sandwich, pickles, celery, apples, fries S – Carrots, pretzels, hummus</p>	<p>B – Cereal, banana S – Apples, cheese L – Mini-Pizza, pineapple, olives, apples, broccoli S- Rice cake, jelly, raisins</p>	<p>B – Breakfast potatoes, eggs, oranges S – Cottage cheese, pineapple L – Turkey & cheddar wrap, grapes, celery, cauliflower S – Strawberry, cream cheese, sandwich</p>	<p>B – English Muffin, banana S – Chips and salsa L – Turkey burger, applesauce, cucumbers, broccoli S – Valentine’s Day Snack</p>
17	18	19	20	21
NO SCHOOL!	<p>B – Muffin, banana S – Cheese, crackers, turkey L – Lentils, rice, red peppers, apples, carrots S – Trail Mix</p>	<p>B – Eggs, toast, oranges S – Cottage cheese, peaches L – Turkey Meatballs, Roll, cucumbers, peas, applesauce S – Chips and salsa</p>	<p>B – Pancakes, berries S- Crackers, cream cheese, cucumbers L – Gr. Cheese, tomato soup, broccoli, pears, oranges S- Rice cake, jelly, raisins</p>	<p>B – Cereal, apples S – Strawberry, cream cheese sandwich L – Quesadilla, beans, oranges, apples, cauliflower S – Apples, pretzels</p>
24	25	26	27	28
<p>B – Oatmeal, berries S – Carrots, cucumbers, dip L – Spaghetti, peas, apples, celery S – Trail mix</p>	<p>B – Sausage, oranges, toast S – Crackers, cream cheese, cucumbers L – Tuna Sandwich, pickles, celery, apples, fries S – Carrots, pretzels, hummus</p>	<p>B – Cereal, banana S – Apples, cheese L – Mini-Pizza, pineapple, olives, apples, broccoli S- Rice cake, jelly, raisins</p>	<p>B – Breakfast potatoes, eggs, oranges S – Cottage cheese, pineapple L – Turkey & cheddar wrap, grapes, celery, cauliflower S – Strawberry, cream cheese, sandwich</p>	<p>B – English Muffin, banana S – Chips and salsa L – Turkey burger, applesauce, cucumbers, broccoli S – Carrots, cucumbers, dip</p>
*All grains are whole-grain rich	* Each meal/snack is served with low-fat, unflavored milk or water.			