

Feb-18

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
			1	2
			B: Asst. cereal w/ milk, banana L: Sausage, WG rice & beans, peaches, milk Sn: PB crackers, juice	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Turkey & cheese sub, sweet potato fries, apple slices, milk Sn: WG goldfish crackers, juice
5	6	7	8	9
B: Cereal w/ milk, juice L: WG quesadilla, vegetarian chili soup, apple slices, milk Sn: Graham crackers, milk	B: WG bagel, orange slices, milk L: Hot dog w/ bun, carrots, pineapple tidbits, milk Sn: Yogurt, pretzels, water	B: WG waffle, apple slices, milk L: Meatballs, macaroni, tossed salad, pears, milk Sn: Animal crackers, milk	B: Asst. cereal w/ milk, banana L: Chicken nuggets, roll, mixed vegetables, apple slices, milk Sn: WG crackers, juice	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Tuna-noodle casserole, peas, peaches, milk Sn: Chex mix, juice
12	13	14	15	16
B: WG cereal w/ milk, juice L: Cheese quiche, broccoli, mixed fruit, milk Sn: Apple slices w/ PB, milk	B: WG bagel, orange slices, milk L: Ham & cheese WG roll-up, peas, applesauce, milk Sn: Cheese crackers, juice	B: WG waffle, apple slices, milk L: Pasta & meat sauce, tossed salad, pears, milk Sn: Trail mix, milk	B: Asst. cereal w/ milk, banana L: Chicken & garbanzo stew, roll, apple slices, milk Sn: WG PB crackers, raisins, water	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Cheese pizza, carrots, mixed fruit, milk Sn: Crackers, juice
19	20	21	22	23
B: WG cereal w/ milk, juice L: Macaroni & cheese, peas, applesauce, milk Sn: Yogurt, pretzels, water	B: WG bagel, orange slices, milk L: Chicken patty sandwich, corn, pears, milk Sn: Animal crackers, milk	B: WG waffle, apple slices, milk L: Lentil soup, cheese stick, corn bread, orange slices, milk Sn: Chex mix, juice	B: WG cereal w/ milk, banana L: Swedish meatballs, noodles, green beans, apple slices, milk Sn: Crackers, cheese, water	B: WG Cinnamon toast, seasonal fresh fruit, milk L: Fish sticks, mixed vegetables, roll, peaches, milk Sn: Graham crackers, milk
26	27	28		
B: Asst. cereal w/ milk, juice L: WG Toasted cheese sandwich, tomato soup, crackers, apple slices, milk Sn: Trail mix, milk	B: WG bagel, orange slices, milk L: Sloppy Joe, oven potatoes, applesauce, milk Sn: Goldfish crackers, juice	B: WG waffle, apple slices, milk L: Rice w/ greens & eggs & ham, carrot sticks, pineapple, milk Sn: Crackers, cheese, water		

*All juice is 100% juice *WG=Whole Grain

*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, Wheaties, etc.