

February 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Milk* (Age 1: Whole milk; Age 2+: 1% milk)		<p>1- Breakfast: Cheerio's, raspberries and milk*</p> <p>Lunch: Baked ziti with whole grain noodles, meat sauce & cheese, tossed salad, mandarin oranges and milk*</p> <p>PM Snack: Grapes & milk*</p>	<p>2- Breakfast: Life cereal, celery, and milk*</p> <p>Lunch: Chicken noodle soup, sweet bologna & cheese on whole grain bread, crackers, peaches and milk*</p> <p>PM Snack: Whole grain Triscuits & milk*</p>
<p>5- Breakfast: Special K cereal, V8 juice and milk*</p> <p>Lunch: Hot dog on whole grain roll, baked beans, fruit cocktail and milk*</p> <p>PM Snack: Whole grain pretzels & milk*</p>	<p>6- Breakfast: Puffed wheat cereal, banana and milk*</p> <p>Lunch: Shepherd's pie (mashed potatoes & corn), whole grain buttered bread, pears and milk*</p> <p>PM Snack: Whole grain crackers with cheese & milk*</p>	<p>7- Breakfast: Chex cereal, fruit punch and milk*</p> <p>Lunch: Grilled cheese on whole grain bread, tomato soup, crackers, carrot sticks, pineapples and milk*</p> <p>PM Snack: Whole grain chocolate chip oatmeal crisps & milk*</p>	<p>8- Breakfast: Rice krispie's, cauliflower and milk*</p> <p>Lunch: Whole grain El Dorito casserole with lettuce, tomato & cheese, applesauce and milk*</p> <p>PM Snack: Bananas & milk*</p>	<p>9- Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Kielbasa on whole grain roll, green beans, mandarin oranges and milk*</p> <p>PM Snack: Sun chips & milk*</p>
<p>12- Breakfast: Mini wheats, V8 juice and milk*</p> <p>Lunch: Turkey & cheese on whole grain roll, sweet potato fries, peaches and milk*</p> <p>PM Snack: Apple cinnamon rice cakes & milk*</p>	<p>13- Breakfast: Apple cinnamon muffin, cucumbers and milk*</p> <p>Lunch: Chicken tetrazzini with whole grain noodles, broccoli, fruit cocktail and milk*</p> <p>PM Snack: Whole grain chez-it crackers & milk*</p>	<p>14- Breakfast: Kix cereal, apple juice and milk*</p> <p>Lunch: Cheesesteak on whole grain roll, corn, pears and milk*</p> <p>PM Snack: Yogurt & milk*</p>	<p>15- Breakfast: Cheerio's, broccoli and milk*</p> <p>Lunch: Whole grain ravioli with meat sauce & cheese, tossed salad, pineapples and milk*</p> <p>PM Snack: Oranges & milk*</p>	<p>16- Breakfast: Life cereal, kiwi strawberry juice and milk*</p> <p>Lunch: BBQ sandwich on whole grain roll, green beans, applesauce and milk*</p> <p>PM Snack: Wheat thins & milk*</p>
<p>19- Breakfast: Special K cereal, V8 juice and milk*</p> <p>Lunch: Ham & cheese on whole grain roll, baked beans, mandarin oranges and milk*</p> <p>PM Snack: Whole grain strawberry snaps & milk*</p>	<p>20- Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Chicken & whole grain rice, broccoli, peaches and milk*</p> <p>PM Snack: Cheese sticks & milk*</p>	<p>21- Breakfast: Puffed wheat cereal, orange juice and milk*</p> <p>Lunch: Whole grain French toast, sausage links, orange juice, peaches and milk*</p> <p>PM Snack: Whole grain cereal mix & milk*</p>	<p>22- Breakfast: Chex cereal, veggie chips and milk*</p> <p>Lunch: Fish sticks, whole grain macaroni & cheese, peas, pears and milk*</p> <p>PM Snack: Apples & milk*</p>	<p>23- Breakfast: Rice krispie's, bananas and milk*</p> <p>Lunch: Chicken nuggets, whole grain buttered noodles, corn, pineapples and milk*</p> <p>PM Snack: Whole grain granola bars & milk*</p>
<p>26- Breakfast: Mini wheats, V8 juice and milk*</p> <p>Lunch: Cheeseburger on whole grain roll, French fries, applesauce and milk*</p> <p>PM Snack: Whole grain soft pretzels & milk*</p>	<p>27- Breakfast: Whole grain blueberry muffin, carrots and milk*</p> <p>Lunch: Ham loaf, whole grain macaroni & cheese, glazed carrots, mandarin oranges and milk*</p> <p>PM Snack: Whole grain oatmeal bars & milk*</p>	<p>28- Breakfast: Kix cereal, raspberry juice and milk*</p> <p>Lunch: Whole grain French bread pizza with pepperoni, green beans, peaches and milk*</p> <p>PM Snack: Whole grain Nutri grain bars & milk*</p>		