



# February Menu 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 B- Cheese omelet, Pears, Milk L- Mini corn dogs, Asparagus, Tropical fruit salad, Milk S- String cheese, Pretzels, Water	2 B- Cinnamon Chex, Mandarin oranges, Milk L- Soft shell tacos w/ meat, lettuce, cheese, tomatoes & tortilla, Black beans, Blueberries, Milk S- Sunchips, Milk	3 B- French toast, Apricots, Milk L- Chicken salad w/ whole wheat pita, Sliced cucumbers, Apple slices, Milk S- Graham crackers, Milk
6 B- Blueberry bagel, Orange juice, Milk L- Sloppy Joe w/ whole wheat bun, Scalloped potatoes, Berry blend, Milk S- Apple cinnamon muffin, Milk	7 B- Life cereal, Tropical fruit salad, Milk L- Turkey & cheese w/ whole wheat bread, Sliced & cooked carrots, Pineapple, Milk S- Better Cheddar crackers, Milk	8 B- Waffles, Strawberries, Milk L- Mac & cheese, Little smokies, Peas, Applesauce, Milk S- Raspberry yogurt, Cheerios, Water	9 B- Whole wheat roll w/ apple butter, Peach mango juice, Milk L- Fish filet w/ whole wheat bun, Tator tots, Apricots, Milk S- Whole grain Goldfish, Milk	10 B- Berry Berry Kix, Mandarin oranges, Milk L- Whole grain cheese breadstick, Green beans, Blueberries, Milk S- Raisins, Milk
13 B-Rice Krispies, Apricots, Milk L- Fish nuggets, Sweet potatoes, Applesauce, Milk S- Cheddar Chex mix, Milk	14 B- Cornflakes, Pears, Milk L- Ham & cheese w/ whole wheat bread, Cauliflower, Mandarin oranges, Milk S- Oyster crackers, Apple juice	15 B- Sausage pancake bites, Peaches, Milk L- Pepperoni pizza, Brussel sprouts, Banana, Milk S- Caramel rice cake, Milk	16 B- Cornflakes, Pineapple, Milk L- Chef salad w/ turkey, cucumbers, tomatoes & cheese, Plums, Whole wheat crackers, Milk S- Apples slices, Milk	17 B- French toast sticks, Tropical fruit salad, Milk L- Scrambled eggs w/ mini bagel, Hash rounds, Blackberries, Milk S- Whole wheat Ritz crackers, Cheese slice, Water
20 B- Whole wheat toast w/ strawberry jelly, Pineapple, Milk L- Sweet & sour meatballs, Mashed potatoes, Applesauce, Whole wheat roll, Milk S- Triscuits, Milk	21 B- Oatmeal Squares cereal, Cran-Raspberry juice, Milk L- Roast beef & Swiss cheese w/ whole wheat bread, Broccoli, Raspberries, Milk S- Orange slices, Milk	22 B- Sausage, egg & cheese biscuit, Peaches, Milk L- Baked chicken w/ brown rice, Peas & carrots, Applesauce, Milk S- Wheat Thins, Peach mango juice	23 B- Honey Bunches of Oats, Apricots, Milk L- Sun butter & jelly w/ whole wheat bread, Baby carrots, Banana, String cheese, Milk S- Chicken in a Biscuit crackers, Milk	24 B- Baked oatmeal, Pears, Milk L- Hotdog w/ whole wheat bun, Baked beans, Mandarin oranges, Milk S- Animal crackers, Milk
27 B- Crispix, Plums, Milk L- Grilled cheese on whole wheat bread, Sweet potato fries, Milk S- Garden salsa Sunchips, Milk	28 B- French toast bagel w/ cream cheese, Apple juice, Milk L- Turkey & cheese w/ whole wheat bread, Diced beets, Pineapple, Milk S- Pita chips, Hummus, Water	March 1 B-Yogurt w/ granola, Strawberries, Milk L- Spaghetti w/ garlic bread, Green beans, Applesauce, Milk S- Animal crackers, Cranberry juice	2 B- Breakfast pizza, Mandarin oranges, Milk L- Steak & cheese w/ whole wheat bun, Corn, Peaches, Milk S- Frosted Mini Wheats, Milk	3 B- Cheerios, Pear juice, Milk L- Tuna salad w/ whole wheat roll, Broccoli w/ dip, Sliced green grapes, Milk S- Cheez-its, Milk

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