FEBRUARY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					
Lunch					
PM Snack					
	5	6	7	8	9
AM Snack	Whole grain cereal & Milk	Bagels with jelly, Milk	Pancakes w/ low sugar syrup, Milk	Whole Grain Cinnamon Toast, Milk	Stawberry yougurt, apple slices, Milk
Lunch	BBQ Chicken Sandwich, Mixed Vegetables, Mandarin Oranges, Milk	Cheese Ravioli with marinara sauce, Pineapple, Green Beans, Milk	Turkey and cheese roll up, peas, peaches, Milk, veg alt. cheese roll up	Chicken nuggets, corn, pears, veg alt. veggie sticks	Baked spaghetti, broccoli, mixed fruit, milk
PM Snack	Pretzels, 100% low sugar fruit juice	Sliced Apples, Graham Crackers, Chilled Water	Goldfish Crackers, 100% low sugar fruit juice	Wheat Crackers and cheese, 100% low sugar fruit juice	Graham Crackers, Sliced Oranges, Chilled Water
	12	13	14	15	16
AM Snack	Whole grain cereal & Milk	Bisquits, jelly, Milk	Cereal Bar, Milk	Pancakes w/ low sugar syrup, Milk	Bagels w/ jelly, Milk
Lunch	Chicken abd dumplings, wheat roll, green beans, peaches, milk	Tri color pasta with chicken, peas, applesauce, milk	Hamburger on whole wheat bun, mixed vegetables, pears, milk	Turkey corn nuggets, peaches, peas, Milk	Whole wheat flat bread pizza, Salad, mandarin oranges, Milk
PM Snack	Chips, Salsa, 100% low sugar fruit juice	Cheerio snack bar, 100% low sugar fruit juice	Pretzels w/ cheese, 100% low sugar fruit juice	Sliced Apples, Graham Crackers, Chilled Water	Cheesy rice cakes & 100% low sugar fruit juice
	19	20	21	22	23
AM Snack	Whole grain cereal & Milk	Cheese Toast, Milk	Waffles with low sugar syrup, Milk	Bagels with jelly, Milk	Cinnamon toast, Milk
Lunch	Vegetable lasagna, sweet peas, pineapple, milk	Baked fish nuggets, corn, green beans, milk	Grilled Cheese on Whole Grain Bread, Tomato Soup, Applesauce, Milk	Whole wheat flat bread pizza, peas, mixed fruit, Milk	Chicken nuggets, Mixed fruit, green beans, milk
PM Snack	Sliced Apples, Graham Crackers, Chilled Water	Wheat crackers and cheese, 100% low sugar fruit juice	Cheesy Rice cakes, 100% low sugar fruit juice	Cheese crackers, 100% low sugar fruit juice	Chips and salsa, 100% low sugar fruit juice
	26	27	28		
AM Snack	Whole grain cereal & Milk	Bagels w/ jelly, Milk	Waffles with low sugar syrup, Milk		
Lunch	Chicken patty on whole grain bun, fries, peaches, Milk, Veg alt. Veggie burger	Turkey and cheese roll up, green beans, pineapple, Milk, veg alt. cheese croissant	Tri color pasta with chicken, peas, applesauce, milk		
PM Snack	Sliced apples, graham crackers, Chilled Water	Fig Newtons, 100% low sugar fruit juice	Wheat Crackers and cheese, 100% low sugar fruit juice		