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| **February**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **January 29** |  |  |  | | **January 30** |  |  |  | | **January 31** |  |  |  | | **February 1** |  |  |  | | **February 2** |  |  |  | | **February 5** |  |  |  | | **February 6** |  |  |  | | **February 7** |  |  |  | | **February 8** |  |  |  | | **February 9** |  |  |  | | **February 12** |  |  |  | | **February 13** |  |  |  | | **February 14** |  |  |  | | **February 15** |  |  |  | | **February 16** |  |  |  | | **February 19** |  |  |  | | **February 20** |  |  |  | | **February 21** |  |  |  | | **February 22** |  |  |  | | **February 23** |  |  |  | | **February 26** |  |  |  | | **February 27** |  |  |  | | **February 28** |  |  |  | | **March 1** |  |  |  | | **March 2** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 29  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Penne Carbonera, Roasted Veggies, Fresh Fruit  Penne Meatless Carbonera, Roasted Veggies, Fresh Fruit | 30  Chicken Caprese, Roasted Veggies, Roll, Fresh Fruit  Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit | 31  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 1  Mojito Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Mojito Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 2  Lean Beef Cheeseburger, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |
| 5  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Tofu Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 6  Breakfast for Lunch--Egg & Cheese Burrito, Roasted Potatoes, Fresh Fruit  Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit  Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 7  Turkey & Cheese Enchiladas, Black Beans & Brown Rice, Fresh Fruit  Cheese Enchiladas, Black Beans & Brown Rice, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 8  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 9  Lean Beef & Cheese Nachos, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.00 =

Paid by: check # or cash

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.00. A full menu for the month is $96.00
4. Tear off the completed form and **RETURN by** **Monday, January 22nd.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 12  Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit | 13  Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit  Pasta Genovese w/Chicken, Roasted Veggies, Fresh Fruit  Pasta Genovese, Roasted Veggies, Fresh Fruit | 14  Arroz con Pollo, Baked Plantains, Fresh Fruit  Carne Guisada (Braised Beef), Brown Rice, Baked Plantains, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 15  Lean Beef Burgers, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 16  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 19  **NO YUMMY**    **LUNCHES** | 20  Fusilli w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit  Baked Tofu Nuggets, Glazed Carrots, Fresh Fruit | 21  Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Sweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Grilled Cheese, Steamed Edamame, Fresh Fruit | 22  Turkey Meatball Subs, Roasted Veggies, Fresh Fruit  Turkey Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 23  Chicken Chop w/Saffron Yellow Rice w/Confetti Veggies, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 26  Pasta w/Beef Tips & Mushroom Sauce, Roasted Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit | 27  Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh Fruit  Maple Mustard Glazed Turkey Po’ Boy, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit | 28  “Make Your Own Yummy...” Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit  “Make Your Own Yummy...” Tofu Fajitas, Brown Rice, Black Beans, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 1  Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 2  Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Baked Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

**“yummy in my tummy”** Organic & Natural Caterers.

