



February 2021 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					
Lunch	*Vegetarian Substitutions: Meatless Entrée, Hummus & Cheese Sandwiches				
PM Snack					
AM Snack	Warm Oatmeal, Milk 1	Wheat Crackers, Craisins, (I/T: Goldfish Crackers) Water 2	Cinnamon Muffins, Milk 3	Mini-Bagels, Cream Cheese, Water 4	Nutrigrain Bar, Milk 5
Lunch	Chicken Alfredo Pasta, Green Beans, Pears, Organic Milk	Beef Tacos with Shredded Cheese, Refried Beans, Peaches, Organic Milk	Cheddar Broccoli Soup, Biscuits, Fresh Fruit, Organic Milk	Chicken Patty on a Bun, Sweet Potato Tots, Strawberries, Organic Milk	French Toast Sticks with Sausage, Carrots, Pineapple, Organic Milk
PM Snack	Wheat Crackers, Cheese Cubes, Water	Rice Cakes, Cream Cheese, Water	Goldfish Crackers, Apples, Water	Fresh Fruit, Crackers, Water	Vanilla Wafers, Applesauce, Water
AM Snack	Yogurt, Granola, (I/T: Cheerios) Water 8	Warm Waffles with Syrup, Milk 9	Blueberry Belvita Biscuits, Milk 10	Teddy Grahams, Apples, Water 11	Fig Newtons, Fruit, Water 12
Lunch	Cheese Burgers, French Fries, Sliced Apples, Organic Milk	Sweet and Sour Chicken, Vegetarian Egg Rolls, Fruit, Organic Milk	Whole Wheat Spaghetti and Meatballs, Winter Blend Vegetables, Pears, Organic Milk	Pancakes, Turkey Sausage, Hash Browns, Blueberries, Vegetables, Organic Milk	Italian Wedding Soup, Dinner Rolls, Italian Blend Vegetables, Peaches, Organic Milk
PM Snack	Graham Crackers, Jelly Water	Animal Crackers, Fruit, Water	Sun Chips, Peaches, (I/T: Goldfish Crackers), Water	Pineapple, Strawberry, Water	Warm Pretzel, Cheese, Water
AM Snack	15	Pears, Crackers, Water 16	Fig Newtons, Milk 17	Yogurt, Fresh Bananas, Water 18	Wheat Crackers, Craisins, (I/T: Goldfish Crackers), Water 19
Lunch		Vegetarian Chili, Corn Bread, Steamed Carrots, Fresh Fruit, Organic Milk	Mini Comdogs, (I/T: Chicken Tenders) Mix Vegetables, Fruit, Organic Milk	Cheese Quesadillas, Baked Beans, Cantaloupe, Organic Milk	Egg Breakfast Sandwich, Hash Brown Patty, Broccoli, Apples, Organic Milk
PM Snack		Warm Pretzels, Cheese, Water	Peaches, Crackers, Water	Sun Chips, String Cheese (I/T: Crackers) Water	Bananas, Crackers, Water
AM Snack	English Muffins, Cream Cheese, Water 22	Cheerios, Fruit, Water 23	Nutrigrain Bar, Milk 24	Cinnamon Muffins, Milk 25	Cinnamon Raisin Bread, Cream Cheese Water 26
Lunch	Cheeseburger Mac, Green Beans, Fruit, Organic Milk	Hot Turkey & Swiss Roll-ups, Tater Tots, Tropical Fruit, Organic Milk	Grill Chicken, California Veggies, Pineapple, Organic Milk	Kale Pesto Chicken Pasta, Breadstick, Tropical Fruit, Carrots, Organic Milk	Tomato Soup, Grilled Cheese, Mandarin Oranges, Organic Milk
PM Snack	Fruit, Crackers, Water	Wheat Crackers, Hummus, Water	Warm Breadsticks, Marinara Sauce, Water	Mandarin Oranges, Crackers, Water	Trail Mix, Fruit, Water

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*If you use a menu supplied by your caterer, you do not need these templates.
Otherwise, please continue.*

Select your template based on the number of meals you provide and the length of your meal descriptions. **Delete the other tabs.** Save as a new name.

Replace the logo with that of your school brand.

Go into the footer and change the school name, address and phone number to that of your school.

In row 1, change the name of the month and year if needed.

Change the names of meals if needed. For example, you may call it breakfast instead of am snack.

Change the blue date numbers to reflect the particular month that you are in.

Type or "copy special" your actual food items into each meal & date.

Make sure you have saved your menu under a new name.

Save as a PDF (File -> Print -> Select Adobe PDF as the Printer -> Click Print)

Email the Excel file & PDF to Marketing to post on your website

Each month, repeat steps 4-9 but instead of sending to marketing, **post the PDF to your menu page on your website.**