



# February Menu

GREEN = Wheat, Whole-Grain, & Multi-Grain Items

Blue = Vegetarian Option

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
Breakfast	Chef's Choice Day	WG Mini Bagel, Applebutter 1% Milk	WG Cereal, 1% Milk	WG French Toast Sticks, 1% Milk	WG Blueberry Muffin, 1% Milk
Lunch	Chef's Choice Day	Chicken & Cheese Quesadilla WG Tortilla (Cheese Quesadilla), Diced Pears, Green Beans, 1% Milk	Diced Chicken Alfredo with WG Pasta (Vegan Crumbles), Tropical Fruit, Sweet Peas, 1% Milk	Meatloaf (Vegetarian Griller), Diced Peaches, Mashed Potatoes, 1% Milk	Turkey Sausage Patty (Veggie Nuggets), WG Biscuit, Diced Carrots, Mixed Fruit, 1% Milk
PM Snack	Chef's Choice Day	Strawberry Yogurt, Water	Cucumber Slices, Hummus, Water	Animal Crackers, Water	Wheat Thin Crackers, Water
	9	10	11	12	13
Breakfast	WG Pancake, 1% Milk	Strawberry Yogurt, 1% Milk	WG Cereal, 1% Milk - Whole Milk	WG Banana Muffin, 1% Milk	Chef's Choice
Lunch	WG Pizza Max Stick (Mozzarella Cheese Pizza), Mixed Veggies. Tropical Fruit, 1% Milk,	Chicken Patty on WG Bread (Vegetarian Griller), Diced Peaches, Corn, 1% Milk	Turkey & Cheese on WG Bread (Cheese Sand), Diced Carrots, Diced Pears, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Pineapple Tidbits, Green Beans, 1% Milk	Chef's Choice
PM Snack	WG Graham Crackers, Water	Fresh Apple Slices, Water	Townhouse Crackers, Cheese Slice, Water	WG Goldfish Crackers, Water	Chef's Choice
	16	17	18	19	20
Breakfast		WG Waffle, 1% Milk	WG Oatmeal Bar, 1% Milk	WG Blueberry Muffin, 1% Milk	WG Cereal, 1% Milk
Lunch	School Closed - Professional Development Day	Diced Chicken with Teriyaki Sauce (WG Vegan Chicken Nuggets), Corn, Mandarin Oranges, 1% Milk	WG Chicken Nuggets (WG Vegan Nuggest), Applesauce, Green Beans, 1% milk - Whole Milk	Diced Turkey Ham (Vegan Crumbles), WG Cornbread Loaf, Mixed Veggies, Fruit Cocktail, 1% Milk	Burger with Cheese on a WG Bun (Vegetarian Griller), Potato Coins, Pineapple Tidbits, 1% Milk
PM Snack		Apple Straws, Water	Strawberry Yogurt Water	Fresh Apple Slices, Water	WG Vanilla Graham Bears, Water
	23	24	25	26	27
Breakfast	WG Apple Cinnamon Loaf, 1% Milk	WG Cereal, 1% Milk	WG Oatmeal Bar, 1% Milk	WG French Toast Sticks, 1% Milk	Chef's Choice Day
Lunch	Mac N Cheese with WG Pasta, Broccoli, Diced Peaches 1% Milk	Shredded Chicken with BBQ Sauce (Vegan Crumbles), Peas & Carrots, Pineapple Tidbits, 1% Milk	Cheese Pizza with WG Crust, Peas & Carrots, Tropical Fruit, 1% Milk	Meatloaf (Vegetarian Griller), Diced Peaches, Mixed Veggies, 1% Milk	Chef's Choice Day
PM Snack	WG Carrot Muffin, Water	Cheez Itz, Water	WG Vanilla Graham Bear, Water	WG Animal Crackers, Water	Chef's Choice Day

Beginner Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz). Canned fruit in natural juices.