

# Meal Plan February 2023

Key: Breakfast, **Breakfast**, Lunch, Snack

	Mon	Tue	Wed	Thu	Fri	Info
<b>Breakfast</b>	30 <b>Assorted Cereal/Fruit / Milk</b>	31 <b>Bagels/Fruit/ Milk</b>	2/1 <b>Assorted Cereal/Fruit / Milk</b>	2/2 <b>French Toast/Fruit / Milk\</b>	2/3 <b>Assorted Cereal/Fruit / Milk</b>	<b>*MENU ITEMS SUBJECT TO CHANGE*</b>
Lunch	Pasta, Red Sauce, Cheese Roasted Broccoli Mixed Fruit / Milk	Mini Corndog Nuggets Green Beans Mandarin Oranges / Milk	Fish Shapes Carrots Apple Slices / Milk	Cheese Pizza Salad Peaches / Milk	Beef Taco Salad Corn Pineapple / Milk	
<u>Snack</u>	<u>Saltines/Cheese/Juice/ Water</u>	<u>Oatmeal Cream Pies / Juice /Water</u>	<u>Cheddar Chex Mix / Juice / Water</u>	<u>Animal Crackers / Juice / Water</u>	<u>Potluck Snack / Juice/ Water</u>	
<b>Breakfast</b>	6 <b>Assorted Cereal/Fruit / Milk</b>	7 <b>Pancakes/Fruit /Milk</b>	8 <b>Pop Tarts / Fruit / Milk</b>	9 <b>Jelly Biscuits /Fruit/ Milk</b>	10 <b>Assorted Cereal/Fruit / Milk</b>	<b>*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.</b>
Lunch	Chicken Nuggets Corn Peaches / Milk	Meatballs & Macaroni Mixed Vegetables Pineapple / Milk	Country Fried Steak Mashed Potatoes Mandarin Oranges / Milk	Hotdog Roll ups Tater Tots Pears / Milk	Turkey & Cheese Sliders Green Beans Apple Sauce / Milk	
<u>Snack</u>	<u>Vanilla Wafers / Raisins/ Juice / Water</u>	<u>Cheese Whales / Juice / Water</u>	<u>Chocolate Chip Cream Pies / Juice /Water</u>	<u>Wheat Crackers /Cheese / Juice / Water</u>	<u>Fruit Bars / Juice / Water</u>	
<b>Breakfast</b>	13 <b>Assorted Cereal/Fruit / Milk</b>	14 <b>Mini Muffins/ Yogurt/Milk</b>	15 <b>Assorted Cereal/Fruit / Milk</b>	16 <b>Pop Tarts / Fruit / Milk</b>	17 <b>Assorted Cereal/Fruit / Milk</b>	<b>***Indicates the lunch may contain Dairy**</b>
Lunch	Macaroni & Cheese Roasted Broccoli Mixed Fruit / Milk	Fish Sticks Corn Apple Slices / Milk	Steak Fingers Green Beans Peaches / Milk	Turkey Corndogs Carrots Pineapple / Milk	Potluck (nuggets, Pizza) Mixed Vegetables Mandarin Oranges / Milk	
<u>Snack</u>	<u>Chex Mix / Juice / Water</u>	<u>Fig Bars / Juice / Water</u>	<u>Mini Pretzel Twist / Juice / Water</u>	<u>Oatmeal Cream Pies / Juice /Water</u>	<u>Ritz Bits with Cheese / Juice / Water</u>	
<b>Breakfast</b>	20 <b>Assorted Cereal/Fruit / Milk</b>	21 <b>Waffles /Fruit / Milk</b>	22 <b>Pop Tarts / Fruit / Milk</b>	23 <b>Blueberry Pancakes/ Milk</b>	24 <b>Assorted Cereal/Fruit / Milk</b>	<b>*All sausage, hot dogs, and corndog nuggets are TURKEY.</b>
Lunch	Grilled Chicken Nuggets Mixed Vegetables Peaches / Milk	Pasta/Red Sauce / Cheese Broccoli Pears / Milk	Sloppy Joe on Bun Green Beans Apple Slices / Milk	Cheese Quesadilla Salad Mandarin Oranges / Milk	Cowboy Casserole Corn Mixed Fruit / Milk	
<u>Snack</u>	<u>Graham Crackers / Juice / Water</u>	<u>Rich &amp; Crisp Crackers / Cheese / Juice / Water</u>	<u>Rice Krispy Treats / Juice / Water</u>	<u>Snack Mix / Juice/ Water</u>	<u>Fruit Snacks / Juice / Water</u>	
Breakfast	27 <b>Assorted Cereal/Fruit / Milk</b>	28 <b>Pancake Bites / Milk</b>	3/1 <b>Assorted Cereal/Fruit / Milk</b>	3/2 <b>Biscuits/ Fruit /Milk</b>	3/3 <b>Assorted Cereal/Fruit / Milk</b>	
Lunch	Dino Nuggets Mixed Vegetables Pears / Milk	Sliced Turkey Mashed Potatoes Peaches / Milk	Cheese Tortellini Roasted Broccoli Apple Slices / Milk	Beef Soft Tacos Corn Mixed Fruit / Milk	Chicken Sandwich Carrots Pineapple / Milk	
<u>Snack</u>	<u>Goldfish Crackers / Juice / Water</u>	<u>Yogurt Chex Mix / Juice / Water</u>	<u>Oyster Crackers / Raisins / Juice / Water</u>	<u>Teddy Grahams / Juice / Water</u>	<u>Potluck Snack / Juice / Water</u>	