

February 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 WG Life cereal, orange & milk Beef soft taco, guacamole salad, pineapple tidbits & milk Cheddar biscuits & apple	2 WG oatmeal, apple & milk Scrambled eggs, buttermilk biscuits, breakfast potatoes, fruit salad & milk Graham crackers & milk	3
4 Note: Water is served for after- noon snack where no other beverage is listed Milk is served with breakfast and lunch	5 Rice Krispies, orange & milk Sliced Turkey w/ provolone on WW, steamed green beans, apple sauce & milk WG snack mix & grapes	6 Bagel w/ cream cheese, pear & milk Mac and Cheese (Vegetarian) w/ steamed peas & carrots, sliced peaches & milk WG wheat thins & apple	7 Corn muffin w/ banana & milk Spanish rice (Beef) w/ steamed green beans, fruit salad & milk WG rice cake & sun butter	8 WG Kix cereal, apple & milk Minestrone soup (Vegetarian), sliced Italian bread, banana & milk Turkey provolone tortilla pinwheels	9 WG Cheerios cereal, orange & milk Sweet & sour pork w/ rice, steamed broccoli & cauliflower, kiwi & milk Graham crackers & milk	10
11 *All fruit is fresh unless otherwise stated* *WG (Whole Grain) *ALL Dry cereal has less than .212 grams of sugar	12 WG Life cereal, apple & milk Tuna fish salad sandwich wrap, peeled baby carrots, honeydew melon & milk Ritz crackers & cheese	13 Bagel w/ cream cheese, pear & milk Moroccan chickpea soup (Vegan) pita bread, banana & milk WG Triscuits & Sun butter	14 WG Oat bran muffin, banana & milk BBQ chicken sliders, steamed corn, fruit salad & milk Goldfish & apple	15 WG Kix cereal, orange & milk Black beans & rice (Vegetarian), steamed mixed veggies, pineapple tidbits & milk Yogurt & banana	16 WG Cheerio cereal, pear & milk Veggie Supreme Pizza (Vegetarian), green salad, apple sauce & milk Ritz cracker & 100% apple juice	17
18	19 WG Life cereal, apple & milk Beef chili w/ sliced sour dough bread, banana & milk Soft pretzels & cheese	20 WG Oat bran muffin, apple & milk Hummus & pita (Vegetarian), Greek salad, kiwi & milk Goldfish crackers & grapes	21 WG Cheerios, banana & milk Pasta Carbonara (Pork & egg), steamed peas, applesauce & milk Sun butter & crackers	22 WG Kix cereal, orange & milk Sliced turkey w/ cheese on WW, steamed green beans & milk Rice cake & milk	23 Rice Krispies, pear & milk Chicken vegetable soup, oyster crackers, blueberries & milk WG snack mix & apple	24
25	26 WG oatmeal, orange & milk Mac and cheese (Vegetarian) steamed mixed veggies, applesauce & milk Celery sticks & Sun butter	27 Cornflakes, banana & milk Yogurt & WG Oat bran muffin, peeled baby carrots, strawberries & milk WG wheat thins & cheese	28 Corn muffin, apple & milk Pasta marinara, shredded mozzarella, fruit salad & milk WG Snack mix & pear	29 WG Kix, orange & milk Turkey noodle soup w/ sliced carrots, crackers, apple & milk Soft pretzels & banana		

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