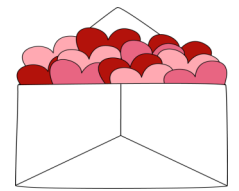


February 2018



Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>				<p>1 Oatmeal, fruit, milk</p> <p>Chicken soft tacos, black beans, fruit, milk</p> <p>Pretzels & fruit</p>	<p>2 Dry cereal, fruit, milk</p> <p>Sun butter on WW with green beans, fruit & milk</p> <p>Milk & fruit</p>	3
<p>* All fruit is fresh unless otherwise stated*</p>	<p>5 Dry cereal, fruit, milk</p> <p>Scrambled eggs with tortilla & cheddar, baked potatoes, fruit, milk</p> <p>Rice cakes & fruit</p>	<p>6 Bagel, fruit, milk</p> <p>Chicken vegetable soup with crackers, fruit, milk</p> <p>Fruit with yogurt</p>	<p>7 Oatmeal, fruit, milk</p> <p>Pasta marinara with shredded mozzarella cheese, fruit, milk</p> <p>Muffin & fruit</p>	<p>8 Dry cereal, fruit, milk</p> <p>Sunflower butter on whole wheat, green beans, fruit, milk</p> <p>Crackers & fruit</p>	<p>9 Dry cereal, fruit, milk</p> <p>Red beans & rice with sweet potato, fruit, milk</p> <p>Fruit & milk</p>	10
<p>*IC3 Breakfast: All IC3 breakfasts include a wholegrain component with less than .212g of sugar for dry cereals*</p>	<p>12 Dry cereal, fruit, milk</p> <p>BBQ beans & biscuit with corn, fruit, milk</p> <p>Rice cakes & sunflower butter</p>	<p>13 Oatmeal, fruit, milk</p> <p>Chicken salad on whole wheat with green salad, fruit, milk</p> <p>Crackers & fruit</p>	<p>14 Dry cereal, fruit, milk</p> <p>Cheese quesadilla with corn and black beans, bread, fruit, milk</p> <p>Cereal snack mix & fruit</p>	<p>15 Dry cereal, fruit, milk</p> <p>Cheese sub sandwich with vegetable soup, green salad, fruit, milk</p> <p>Milk and fruit</p>	<p>16 Bagel, fruit, milk</p> <p>Turkey & gravy w/ stuffing, mashed potatoes, apple sauce, milk</p> <p>Raisins & crackers</p>	17
18	<p>19 Dry cereal, fruit & milk</p> <p>Chicken chili w/ French bread, fruit, milk</p> <p>Fruit & milk</p>	<p>20 Oatmeal, fruit & milk</p> <p>Sunflower butter on whole wheat, green beans, fruit, milk</p> <p>Crackers & fruit</p>	<p>21 Dry cereal, fruit & milk</p> <p>Chicken cottage pie, fruit, milk</p> <p>Pretzels & cheese</p>	<p>22 Bagel, fruit & milk</p> <p>Mac & cheese, peas, fruit, milk</p> <p>Rice cakes & fruit</p>	<p>23 Dry cereal, fruit, milk</p> <p>Oven baked WW pancakes w/ scrambled eggs, breakfast potatoes, fruit & milk</p> <p>Yogurt & fruit</p>	24
25	<p>26 Dry cereal, milk & fruit</p> <p>Cheese quiche with green salad & fruit</p> <p>Sunflower butter & crackers</p>	<p>27 Oatmeal, fruit & milk</p> <p>Vegetarian chili, fruit, French bread, milk</p> <p>Bran muffin & fruit</p>	<p>28 Dry cereal, fruit & milk</p> <p>Meatloaf w/ mashed potatoes, apple sauce, biscuit & milk</p> <p>Cereal snack mix & fruit</p>			