February 2025

Sun	Mon	Tue	Wed	Thur	Fri	Sat
•		•	%			
	*			**		
Note: Water is served for after-	3 WG Chex cereal, orange & milk	4 WG Oatmeal, banana & milk	5 Corn muffin (Contains egg & dairy), pear & milk	6 Rice Krispies cereal, orange & milk	7 WG Life Cereal, apple & milk	8
noon snack where no other beverage is listed	Veggie Pizza (Vegetarian), tossed salad, banana & milk	Chicken vegetable soup, crackers, kiwis & milk	Meatballs (contains egg, dairy & pork) in red sauce w/ French bread, steamed mixed veggies, fruit salad & milk	Scrambled egg w/ bagel. Breakfast potatoes, banana & milk	Beef, barley & veggie stew, bread, pear & milk	0
Milk is served with breakfast and lunch	Goldfish crackers & apple	Club crackers & cheese	WG Rice cakes & sunbutter	WG oat bran muffin & apple	Animal crackers & milk	
9 *All fruit is fresh unless otherwise stated*	10 Cornflakes, orange & milk	11 WG Oatbran muffin (contains egg), apple & milk	12 Waffles (contains egg & dairy), applesauce & milk	13 WG Life cereal, pear & milk	14 WG Chex cereal, banana & milk	15
*WG (Whole Grain) *ALL Dry cereal has less than .212	Mac & cheese w/ steamed mixed veggies, kiwi & milk	Carolina style pulled pork BBQ (contains honey), bun w/ corn, sliced peaches & milk	Sweet & Sour chicken w/ WG brown rice, broccoli & carrots, pineapple tidbits & milk	Cheese pizza (Vegetarian), steamed broccoli and carrots, apple & milk	Meatloaf (contains egg)& mashed potatoes w/ brown gravy, roll, baked peaches & milk	A
grams of sugar	sliced cheese & pepperoni	Cereal snack mix & orange	Rice cakes & sunbutter	Pretzels & 100% apple juice	Graham crackers & milk	(i) 4
16	17 WG Cheerios, kiwi & milk	18 Bagel w/ cream cheese, pear & milk	19 WG Oatmeal, banana & milk	20 Rice Kr <mark>ispy</mark> Cereal, orange & milk	21 WG Kix cereal, orange & milk	22
200	Chicken noodle soup (contains egg noodles) w/ tossed salad, apple & milk	Chicken-gravy & biscuits w/ mashed potatoes, apple sauce & milk	Cheese & spinach quesadilla (vegetarian), guacamole salad, kiwi & milk	Lentil and carrot soup (vegan), bread, pear & milk	Mediterranean chicken bowl (contains sesame) (cous-cous w/ baked chicken & roasted assort- ed vegetables), fruit salad	
0 W	Cottage cheese & orange	WG Wheat Thins & cheese	Soft pretzel bites & pear	WG Wheat thins & apple	& milk WG blueberry oat-bran muffin & milk	9 9
23	24 WG Life cereal, apple & milk	25 Rice Krispy cereal, orange & milk	26 Waffles (contains egg & dairy) & sliced peaches &	27 WG oatbran muffin, apple & milk	28 WG Life cereal, orange & milk	
(a) (b)	Pasta marinara (vegetarian) shredded mozzarella, kiwi & milk	Ham & Swiss on WW, potato soup, apple & milk	milk Red beans & WG brown rice, mashed yams (all vegan) fruit salad & milk	Chicken soft taco w/ black beans & corn, banana & milk	Moroccan Chickpea & yam-soup (vegan, contains sesame) w/ pita bread, banana & milk	Sep. Sep. Sep. Sep. Sep. Sep. Sep. Sep.
	Yogurt & banana	Cereal snack mix & pear	Ritz crackers & sunbutter	baby carrots	Graham crackers & milk	

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.