


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>★ The name pineapple comes from the Spanish word, "piña" meaning pine. The explorers thought that a pineapple looked like a large pine cone</p> <p>★ Fresh eggs sink in water and rotten eggs will float</p> <p>★ Almonds are a member of the peach family</p>		1 Winter Break	2 Cheese pizza sliced zucchini and ranch dip mango milk	3 BBQ veggie meatballs veggie orzo cauliflower <i>local</i> honey dew milk	4 Turkey and cheese sandwich green salad with sliced tomatoes and ranch dressing cantaloupe milk
	7 Turkey sloppy joe on whole wheat bun carrots <i>local</i> cantaloupe milk	8 Cheese quesadilla yellow squash honey dew milk	9 Herb chicken mashed sweet potatoes peas mango milk	10 Bean and cheese burritos green beans apple sauce milk	11 Veggie lasagna broccoli <i>local</i> cran apple sauce milk
	14 Turkey Chili Mac and Cheese green beans mango milk	15 Baked Ziti sliced cucumber with ranch dip apple sauce milk	16 Whole Grain Waffles with blueberry sauce turkey sausage carrots <i>local</i> pineapple milk	17 Grilled cheese sandwich tomato soup honey dew milk	18 Chicken Tenders zucchini cantaloupe milk
	21 MLK Day	22 Cheese quesdilla yellow squash pineapple milk	23 Spaghetti and bolognese zucchini cran apple sauce milk	24 Cheese ravioli with tomato basil marinara roasted cauliflower <i>local</i> honey dew milk	25 Turkey sliders sliced yellow squash with ranch dip cantaloupe milk
	28 Macaroni & cheese green beans mango milk	29 Turkey burger patty rice pilaf carrots <i>local</i> honey dew milk	30 Whole Grain Pancakes with stawberry sauce turkey sausage cucumber slices apple sauce milk	31 Beef Sloppy Joe on Whole Wheat Bun yellow squash cantaloupe milk	

Soy milk is available upon request

Toddlers will be served whole milk 2's and above will be served 1% milk

Menu is subject to change based on food availability and with notice

Amgen Dining Services commitment to:

Poultry produced without the routine use of human antibiotics

Sourcing rBGH-free milk and yogurt

February Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fun Food Facts</p> <p>★ Broccoli contains twice the vitamin C of an orange</p> <p>★ Apples are made of 25% air, which is why they float</p> <p>★ Eggplants are fruits and classified as berries</p> <p>★ Lemons contain more sugar than strawberries</p>					1 Cheese Pizza green salad with sliced tomatoes and ranch dressing pineapple milk
	4 Turkey Chili Mac and Cheese green beans mango milk	5 Cheese Quesadilla broccoli <i>local</i> apple sauce milk	6 Turkey Sliders yellow squash with ranch dip honey dew milk	7 Grilled Cheese Sandwich tomato soup pineapple milk	8 Traditional Beef Lasagna peas cantaloupe milk
	11 BBQ veggie meatballs mashed sweet potatoes broccoli <i>local</i> honeydew milk	12 Whole Grain Waffles with blueberry sauce turkey sausage carrots <i>local</i> cantaloupe milk	13 Baked Ziti green beans cran apple sauce milk	14 Chicken Alfredo zucchini mango milk	15 Cheese pizza sliced cucumber and ranch dip pineapple milk
	18 Cheese Tortellini with Crema Rosa Sauce green beans cantaloupe milk	19 BBQ Chicken roasted potatoes zucchini pineapple milk	20 Vegetarian Bean and Veggie Chili cucumber with ranch dip cran apple sauce milk	21 Oven Roasted Turkey Breast diced sweet potatoes broccoli <i>local</i> honey dew milk	22 Grilled Cheese Sandwich tomato soup mango milk
	25 Whole Wheat Rotini with Garlic Butter peas vanilla yogurt pineapple milk	26 Beef Salisbury Steak roasted potatoes carrots <i>local</i> apple sauce milk	27 Cheese Pizza sliced zucchini with ranch dip mango milk	28 BBQ veggie meatballs veggie orzo cauliflower <i>local</i> honey dew milk	

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March Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fun with Food</p> <p>Why do Rice Krispies® go “snap, crackle, and pop” when milk is added?</p> <p>Rice Krispies® consist of puffed, highly porous, dried pieces of rice. Each piece possesses many internal tunnels and connected air spaces.</p> <p>Why do you cry when cutting onions?</p> <p>Cutting onions releases a gas which causes a stinging sensation when it comes into contact with your eyes. Your body produces tears to dilute</p>					1 Turkey and cheese sandwich green salad with sliced tomatoes and ranch dressing cantaloupe milk
	4 Turkey Sloppy Joe on Whole Wheat Bun carrots <i>local</i> cantaloupe milk	5 Cheese Quesadilla yellow squash honey dew milk	6 Herb Chicken mashed sweet potatoes peas mango milk	7 Bean and Cheese Burritos green beans apple sauce milk	8 Veggie Lasagna broccoli <i>local</i> cran apple sauce milk
	11 Turkey Chili Mac and Cheese green beans mango milk	12 Baked Ziti cucumber with ranch dip apple sauce milk	13 Whole Grain Waffles with blueberry sauce turkey sausage carrots <i>local</i> pineapple milk	14 Grilled Cheese Sandwich tomato soup honey dew milk	15 Chicken Tenders zucchini cantaloupe milk
	18 Chicken Alfredo peas mango milk	19 Cheese Quesadilla yellow squash pineapple milk	20 Spaghetti and Bolognese Meat Sauce zucchini cran apple sauce milk	21 Cheese Ravioli with Tomato Basil Marinara roasted cauliflower <i>local</i> honey dew milk	22 Turkey Sliders yellow squash with ranch dip cantaloupe milk
	25 Macaroni & Cheese green beans mango milk	26 Turkey Burger Patty rice pilaf carrots <i>local</i> honey dew milk	27 Whole Grain Pancakes with strawberry sauce turkey sausage cucumber slices apple sauce milk	28 Beef Sloppy Joe on Whole Wheat Bun yellow squash cantaloupe milk	29 Cheese Pizza green salad with sliced tomatoes and ranch dressing pineapple milk

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