

February Breakfast/Snack Menu

				2/1 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
2/4 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	2/5 Cinnamon bagel Fresh fruit ~~~~~ Saltines Raspberry yogurt	2/6 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	2/7 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	2/8 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
2/11 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	2/12 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt w/Granola	2/13 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	2/14 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza w/Cheese	2/15 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
2/18 ***** CLOSED FOR PRESIDENT'S DAY *****	2/19 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	2/20 Cinnamon bagel Fresh fruit ~~~~~ Saltines Blueberry yogurt	2/21 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	2/22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
2/25 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	2/26 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt w/Granola	2/27 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	2/28 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza w/ Cheese	

+Whole grain

February Lunch Menu

				2/1 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
2/4 Power veggie beef & chicken stew Spinach salad +Whole wheat bread Fresh fruit	2/5 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread Fresh fruit	2/6 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	2/7 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	2/8 *Lasagna Tossed salad Fresh fruit
2/11 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	2/12 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	2/13 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	2/14 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	2/15 BBQ chicken leg California blend vegetables +Whole wheat bread Fresh fruit
2/18 ***** CLOSED FOR PRESIDENT'S DAY *****	2/19 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	2/20 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	2/21 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread Fresh fruit	2/22 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
2/25 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	2/26 +*Whole grain pizza Garden salad Fresh fruit	2/27 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit	2/28 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	

*Vegetarian meal

+Whole grain

February Vegetarian Menu

				2/1 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
2/4 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	2/5 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	2/6 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	2/7 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	2/8 Lasagna Tossed salad Fresh fruit
2/11 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	2/12 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	2/13 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	2/14 Gardenburger Bean medley +Whole wheat roll Fresh fruit	2/15 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
2/18 ***** CLOSED FOR PRESIDENT'S DAY *****	2/19 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	2/20 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	2/21 +^Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	2/22 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
2/25 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	2/26 +Whole wheat pizza Garden salad Fresh fruit	2/27 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	2/28 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan