



February 2022



Breakfast & snack



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	2 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
7 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	8 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	10 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	11 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	15 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	16 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	18 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
21 CLOSED FOR PRESIDENT'S DAY	22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	24 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches				<i>Age-appropriate milk must be served with breakfast</i>

+Whole grain



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Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	2 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	3 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	4 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
7 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	8 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	9 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	10 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	11 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
14 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	15 (V) Whole grain pizza* Garden salad Fresh fruit	16 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	17 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	18 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
21 CLOSED FOR PRESIDENT'S DAY	22 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	23 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	24 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	25 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
28 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan