



# FEBRUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Available Daily:</b> FOR A HEALTHIER YOU, CHOOSE AN ITEM FROM THE FRUIT AND VEGETABLE TABLE			<u>JANUARY →</u>	<b>Breakfast Bar</b> January 31  Taco Quesadilla Refried Beans Fresh Broccoli Fruited Jello	<b>Assorted Cereal</b> 1  French Toast Sausage Patty Lettuce Salad Orange Juice Friday Treat	2
3  Fresh Fruits Banana, Oranges Red or Green Apples Pears Seasonal Fruit	<b>Breakfast Bar</b> 4  Stuffed Cheese Stick Romaine Lettuce Salad Green Beans Fruit Cup	<b>French Toast</b> 5  Pork Fritter on Bun Seasoned Fries Carrots Pears	<b>Sausage</b> 6  Fish Sticks Sweet Potato Rounds Peas Peaches	<b>Omelet</b> 7  Spaghetti/w meatballs Bread Stick Broccoli Churro Stick Fruit Cup	<b>Assorted Cereal</b> 8  Chicken Patty on Bun BBQ Chips Carrot Sticks Apple or Orange slices Friday Treat	9  <i>At least 51% of grains            are Whole Grain</i>  Both Meals include: 1% or Skim Milk Chocolate Milk (lunch only)
10  Vegetables Carrots, Celery, Broccoli Cauliflower, Cucumbers, Red Peppers, Romaine Lettuce Salad	<b>Pancake</b> 11  Chicken Nuggets Mashed Potatoes Diced Carrots Peaches/pears	<b>Assorted Cereal</b> 12  Beef Taco (soft shell) Refried Beans Corn Bread Pineapple Jello	<b>Yogurt/Muffin</b> 13  Pancakes Sausage Green Beans Fruited Yogurt	<b>Hash Brown Patty</b> 14  Orange Chicken Seasoned Rice Broccoli Grapes  <b>HAPPY VALENTINES DAY</b>	<b>Waffle Bites</b> 15  BBQ Pork on Bun Sun Chips Veggie Cup w/Ranch Fresh Fruit Friday Treat	16  Breakfast Served 7:35 <b>Main Entrée</b> highlighted in yellow Breakfast items include (subjected to change)
17  <b>Omelet</b> 18  Fish Nuggets Rice w/cheese Sauce Peas Mandarin Oranges	<b>French Toast</b> 19  Marina Meatball Sub Buttered Noodles Carrots Cucumber Slices Pears	<b>Sausage</b> 20  Creamed Chicken over Mashed Potatoes Dinner Roll Broccoli Fruit Cocktail	<b>Yogurt/Muffin</b> 21  Pizza Romaine Lettuce Salad w/Ranch Carrot Sticks Peaches	<b>Assorted Cereals</b> 22  Sloppy Joes on Bun Sweet Potato Wedges Veggie Cup w/Ranch Apple Slices Friday Sweet Treat	23  Main Entrée, Milk, Juice, Assorted Fruits, Assorted Cereals, Yogurt, Cheese Stick, Toast, Muffin....	
24  <b>Sausage</b> 25  Plain or BBQ Chicken Baked Beans Romaine Lettuce Salad Garlic Bread Cinnamon Apples	<b>Pancakes</b> 26  Burrito with Cheese Sauce Seasoned Rice Black Beans Pineapple Tidbits	<b>Egg Patty</b> 27  Ham & Egg Biscuit Carrots Orange Juice Fruited Jell-O	<b>Yogurt/Toast</b> 28  Mac & Cheese Dinner Roll Broccoli Peaches	<b>Assorted Cereal</b> <b>March 1</b>  French Cheese Bread With Marinara Lettuce Salad Fresh Veggies and Fruits Friday Treat		