

# FEBRUARY

## 2019

2018

Monday	Tuesday	Wednesday	Thursday	Friday
Week 5			1	<b>1. Breakfast</b> Milk Yogurt Blueberries Cinnamon Toast <b>Lunch</b> Ground Beef and Spanish Rice Tangerines Steamed Broccoli Milk <b>Snack</b> Slice Banana Whole Grain Goldfish
<b>4. Breakfast</b> Milk Whole Grain Biscuit Turkey Sausage Unsweetened applesauce Jelly <b>Lunch</b> Breaded Fish Green Beans Roasted Cauliflower Milk  <b>Snack</b> Cheese Square Whole Grain Wheat Thins  Week 1	<b>5. Breakfast</b> Milk Dry Cereal Pineapple <b>Lunch</b> Whole Grain Mac and Cheese with Ham Blueberries Corn Milk  <b>Snack</b> Apple Sauce Rice cake	<b>6. Breakfast</b> Milk Whole Grain French Toast Sliced Strawberries Syrup <b>Lunch</b> Stir fry Pork with Brown Rice Pears Peas and Carrots Milk  <b>Snack</b> Fruit and Yogurt Parfait	<b>7. Breakfast</b> Milk Scrambled Eggs Cinnamon Toast Sliced bananas <b>Lunch</b> Meat Loaf Whole Grain Dinner Roll Mashed Potatoes Vegetable Medley Milk  <b>Snack</b> Whole Grain breadstick with Marinara 100% Fruit Juice	<b>8. Breakfast</b> Milk Whole Grain Waffles Syrup Tangerines  <b>Lunch</b> Whole Grain Chicken Spaghetti Steamed Broccoli Sweet Potato Fries Milk  <b>Snack</b> Slice Banana Whole Grain Goldfish

<p>11. <b><u>Breakfast</u></b> Milk Whole Grain Pancakes Syrup Mondrian Oranges</p> <p><b><u>Lunch</u></b> Hot Ham and Cheese Sandwiches Tomato Soup Sautéed Cabbage Milk</p> <p><b><u>Snack</u></b> Cheese Square Whole Grain Wheat Thins</p> <p>Week2</p>	<p>12. <b><u>Breakfast</u></b> Milk Egg and Cheese Burrito Apricots</p> <p><b><u>Lunch</u></b> Crispy Baked Chicken Canned Greens Peaches Whole Grain Mac and Cheese Milk</p> <p><b><u>Snack</u></b> Apple Sauce Rice cake</p>	<p>13. <b><u>Breakfast</u></b> Milk Dry cereal Sliced Banana</p> <p><b><u>Lunch</u></b> Ground Beef and Spanish Rice Corn Roasted butternut squash Milk</p> <p><b><u>Snack</u></b> Fruit and Yogurt Parfait</p>	<p>14. <b><u>Breakfast</u></b> Milk Scrambled Eggs Whole Wheat Toast Sliced Strawberry</p> <p><b><u>Lunch</u></b> Baked Turkey Breast Whole grain Dinner roll Lettuce Tomato Salad Pears Milk</p> <p><b><u>Snack</u></b> Whole Grain breadstick with Marinara 100% Fruit Juice</p>	<p>15. <b><u>Breakfast</u></b> Milk Oatmeal Blueberries <b><u>Lunch</u></b> Chicken Enchilada Casserole Steamed Squash Refried Beans Milk</p> <p><b><u>Snack</u></b> Slice Banana Whole Grain Goldfish</p>
<p>18.</p> <p>Program Holiday</p>  <p>Week 3</p>	<p>19. <b><u>Breakfast</u></b> Milk Scrambled eggs Whole Grain English Muffin Pears <b><u>Lunch</u></b> Whole grain Spaghetti and Meatballs Steamed zucchini Sweet potatoes Fries Milk</p> <p><b><u>Snack</u></b> Apple Sauce Rice cake</p>	<p>20 <b><u>Breakfast</u></b> Cold Cereal Sliced Bananas Milk</p> <p><b><u>Lunch</u></b> Stir-Fry Pork with Brown Rice Peaches Peas and Carrots Milk</p> <p><b><u>Snack</u></b> Fruit and Yogurt Parfait</p>	<p>21 <b><u>Breakfast</u></b> Milk Whole Grain French Toast Tangerines Syrup <b><u>Lunch</u></b> Whole Grain Mac and Cheese Applesauce Creamed Spinach Milk</p> <p><b><u>Snack</u></b> Whole Grain breadstick with Marinara 100% Fruit Juice</p>	<p>22. <b><u>Breakfast</u></b> Milk Whole Grain Biscuit Sausage Gravy Applesauce <b><u>Lunch</u></b> Beef and Bean Chili Corn Blueberries Crackers Milk</p> <p><b><u>Snack</u></b> Slice Banana Whole Grain Goldfish</p>

<p>25. <b><u>Breakfast</u></b> Milk Whole Grain Waffles Pears Syrup <b><u>Lunch</u></b> Chicken Enchilada Casserole Refried Beans Pineapple Milk  <b><u>Snack</u></b> Cheese Square Whole Grain wheat thins Week 4</p>	<p>26. <b><u>Breakfast</u></b> Milk Scrambled eggs Cinnamon Toast Peaches <b><u>Lunch</u></b> Meatloaf Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Milk  <b><u>Snack</u></b> Apple Sauce Rice cake</p>	<p>27. <b><u>Breakfast</u></b> Milk Whole Grain Biscuit Turkey Sausage Patty Sliced Banana <b><u>Lunch</u></b> Baked Turkey Breast Whole Grain Dinner Roll Canned Greens Steamed Squash Milk  <b><u>Snack</u></b> Fruit and Yogurt Parfait 100% Fruit Juice</p>	<p>28. <b><u>Breakfast</u></b> Milk Egg and Cheese burrito Applesauce <b><u>Lunch</u></b> Breaded Fish Green Beans Blueberries Milk  <b><u>Snack</u></b> Whole Grain Breadstick with Marinara</p>	