



FEBRUARY

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
30 Chicken Burger Tater Tots Broccoli w/dip (a) © Peaches Milk	31 Taquitos w/sour cream & salsa Bell Peppers w/dip © Honeydew (a) © Milk	1-Feb Pizza Green Salad Strawberries Milk/Dessert	2-Feb Open Faced Chicken Melt w/cheese on English Muffin Cucumbers Fruit Cocktail Milk	3-Feb "Lunchables" Ham or Turkey/Cheese/Ritz Carrots w/dip (a) © Blueberries Milk
6 Pancakes Sausage Patty Corn Mixed Berries Milk	7 Hamburger on Bun w/cheese French Fries Pickles Orange Slices © Milk	8 Greek Pita Chips Cucumbers Apple Slices © Milk/Dessert	9 Hashbrown Casserole w/sausage Cooked Broccoli (a) © Strawberries Milk	10 Grilled Cheese Sandwich Tomato Soup Green Beans Fruit Salad © Milk
13 Open Faced Chicken Melt w/cheese on English Muffin Broccoli w/dip (a) © Fruit Cocktail Milk	14 Taquitos w/sour cream & salsa Bell Peppers w/dip © Honeydew (a) © Milk	15 Black Bean Chicken Chili Corn Kiwi Milk/Dessert	16 Taco Casserole w/ground beef/refried beans Cucumbers Strawberries Milk	17 Pizza Green Salad Fruit Salad © Milk
20 CLOSED President's Day	21 Spinach Casserole w/Brown Rice Cooked Carrots Grapes Milk	22 Lasagna Garlic Bread Green Salad Pears Milk/Dessert	23 New Menu Item Chicken Teryaki Brown Rice StirFry Vegetables Pineapple Milk	24 Chicken Nuggets Tater Tots Cucumbers Kiwi Milk
27 Meatballs Mashed Potatoes Green Beans Applesauce Milk	28 Chicken/Cheese Quesadilla Salsa & Sour Cream Corn Grapes Milk	1-Mar Lentil Pilaf Cooked Carrots Apple Slices © Milk/Dessert	2-Mar Greek Pita Chips Cucumbers Fruit Salad © Milk	Mar-3 Enchilada Bake Green Salad Mandarin Oranges © Milk

Menu Substitutions are the parents responsibility
WE ARE A NUT FREE FACILITY
If the parent does not provide an alternative we will supplement as follows:
 Milk=Juice/water Cheese=will not include in food item or meat substitution

FOODS & PORTION SIZES CHART
 Available upon request

Dessert = Cookie, Redvine Licorice, Jello or Pudding

SNACKS

(AM & PM will be on 2 week rotation)

AM Snack served at 9:30 w/Milk

Mon	<i>Allergy AM</i> Saltines & Applesauce or Graham w/Mandarin Oranges
Tue	<i>Allergy AM</i> Cheerios or String Cheese & Ritz Crackers
Wed	<i>Allergy AM</i> Cinnamon Toast or Banana Yogurt Smoothie
Thu	<i>Allergy AM</i> Gogurt -Van. Yogurt w/Graham or Grapes & Goldfish
Fri	<i>Allergy AM</i> Cereal Mix or Van Wafers & Banana

PM Snack served at 2:30 w/Juice or water

Mon	<i>Allergy PM</i> Grapes & Saltine or Apples w/Club Cracker
Tue	<i>Allergy PM</i> Chex Mix or Rice Krispy Treat
Wed	<i>Allergy PM</i> Cheese Slice & Ritz or Saltine & Tropical Fruit
Thu	<i>Allergy PM</i> Hummus & Pita Chips or Mini Bagel w/Cream Cheese
Fri	<i>Allergy PM</i> Club Cracker & Cucumber or Goldfish & Oranges

Late PM Snack served at 5:00 w/water, milk or juice

Monday	Fruit Cup or Gogurt/Van Yogurt
Tuesday	Fruit Snacks & Saltines or Cheez-its
Wednesday	Mandarin Orange & Graham Cracker or Peaches
Thursday	Goldfish Crackers or String Cheese w/Ritz
Friday	Popcorn with water or juice

