

**February 2023**

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| Week 1 | Monday | Tuesday | Wednesday **1** | Thursday **2** | Friday **3** |
| Breakfast |  |  | Fruit, yogurt, Milk | Oatmeal, Banana, Milk | Biscuits and Jam, Milk |
| AM Snack |  |  | Apple Slices, Crackers, Water | Orange Slices, Cheese, Water | Yogurt, fruit, Water |
| Lunch |  |  | HM-Hearty Minestrone w/ Vegetables Soup, Crackers, Pears, Milk | Macaroni and Cheese, Carrots, Peaches, Milk | English Muffin Pizza, Broccoli, Mixed Fruit, Milk |
| PM Snack |  |  | Hummus, Pita Crackers, Water | HB Egg, Crackers, Water | String Cheese, Crackers, Water |
| Week 2 | Monday **6** | Tuesday **7** | Wednesday **8** | Thursday **9** | Friday **10** |
| Breakfast | Cereal, Banana, Milk | Pancakes, Applesauce, Milk | Bagel, Fruit Cream Cheese, Milk | Cereal, Banana, Milk | English Muffin and Fruit Jam, Milk |
| AM Snack | Graham Crackers, Raisins, Water | Grapes, Crackers, Water | Fruit Smoothie, Water | Cheese Stick, Crackers, Water | Crackers, Fruit, Water |
| Lunch | HM-Spaghetti Bake, Green Beans, Applesauce, Milk | Cheese Quesadilla, Corn, Pineapple, Milk | HM-Chicken Fried Rice w/ Vegetables, Peaches, Milk | WG-Sunbetter and Jelly Sandwich, Carrots, Pears, Milk | Creamy Tomato Pasta, Broccoli, Pineapple, Milk |
| PM Snack | Carrots, Ranch Dip, Water | Salsa, Pita Crackers, Water | Pretzels, Raisins, Water  I/T-Crackers | Goldfish Crackers, Orange Slices, Water | Yogurt, Fruit, Water |

Logo, company name

Description automatically generated

M= Milk WG= Whole Grain FT= Field Trip

W= Water HM= Homemade I/T= Infant & Toddler

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| Week 3 | Monday **13** | Tuesday **14** | Wednesday **15** | Thursday **16** | Friday **17** |
| Breakfast | Cereal, Banana, Milk | French Toast, Cinnamon Applesauce, Milk | Yogurt, Fruit, Milk | Oatmeal, Banana, Milk | English Muffin, Jam, Milk |
| AM Snack | Graham Crackers, Orange Slices, Water | Blueberry Mini Muffins, Water | Apple Slices, Crackers, Water | Orange Slices, String Cheese, Water | Yogurt, Fruit, Water |
| Lunch | HM-Chicken Nuggets, Broccoli, Pears, Milk | Beef Soft Taco, Corn, Peaches, Milk | HM-Beef Stroganoff, Green Beans, Mixed Fruit, Milk | WG-Hot Ham and Cheese Slider, Carrots, Pineapple, Milk | HM-Chicken Noodle Soup w/ Carrots, Crackers, Apple Slices, Milk |
| PM Snack | Mixed Veggies, Ranch Dip, Water | Grapes, Animal Crackers, Water | Salsa, Pita Crackers, Water | Goldfish Crackers, Raisins, Water | String Cheese, Town House Crackers, Water |
| Week 4 | Monday **20** | Tuesday **21** | Wednesday **22** | Thursday **23** | Friday **24** |
| Breakfast | Cereal, Bananas, Milk | Pancakes, Applesauce, Milk | Yogurt, Fruit, Milk | Oatmeal, Banana, Milk | Biscuits, Jam, Milk |
| AM Snack | Graham Crackers, Pineapple, Water | Strawberry Banana Muffins, Water | Cheese, Apple Slices, Water | Orange Slices, Graham Crackers, Water | Fruit Smoothie, Water |
| Lunch | HM-Chicken Curry w/ Rice and Vegetables, Peaches, Milk | Chicken Soft Taco, Corn, Pineapple, Milk | HM-Tomato Tortellini Soup, Broccoli, Peaches, Milk | Pancakes, Sausage, Carrots, Applesauce, Milk | WG-Grilled Cheese, Roasted Mixed Vegetables, Peaches, Milk |
| PM Snack | Crackers, Cheese, Water | Grapes, Goldfish, Water | Apple, Sunbutter, Water | String Cheese, Crackers, Water | HB Egg, Pita Bread, Water |
| Week 5 | Monday **27** | Tuesday **28** | Wednesday | Thursday | Friday |
| Breakfast | Cereal, Banana, Milk | French Toast, Applesauce, Milk |  |  |  |
| AM Snack | Graham Cracker, Raisins, Water | Grapes, Crackers, Water |  |  |  |
| Lunch | HM-Shephard’s Pie, Orange Slices, Milk | Cheese Quesadilla w/Salsa, Corn, Pineapple, Milk |  |  |  |
| PM Snack | Carrots, Ranch Dip, Water | Cheese, Pita Crackers, Water |  |  |  |

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