

Week of 2-5-18	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Bread/grain</li> <li>• Fruit/vegetable</li> <li>• Milk</li> </ul>	<p>Bagels w/ Cream Cheese</p> <p>Pineapple#</p> <p>Milk</p>	<p>French Toast**</p> <p>Strawberries*/#</p> <p>Milk</p>	<p>Cereal</p> <p>Oranges*/#</p> <p>Milk</p>	<p>Oatmeal</p> <p>Bananas*/#</p> <p>Milk</p>	<p>Pancakes</p> <p>Blueberries*/#</p> <p>Milk</p>
<p><b><u>Lunch</u></b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</li> <li>• Bread/grain</li> <li>• Fruit/vegetable</li> <li>• Fruit/Vegetable</li> <li>• Milk</li> </ul>	<p>Black Bean Burger</p> <p>(Bun**)</p> <p>Green Beans*/#</p> <p>Pears#</p> <p>Milk</p>	<p>Turkey Tetrazini</p> <p>(Noodles)</p> <p>(Peas*/#)</p> <p>Mandarin Oranges#</p> <p>Milk</p>	<p>Chicken Dumpling Soup</p> <p>(Dumplings)</p> <p>(Carrots#)</p> <p>Apples*/#</p> <p>Milk</p>	<p>Roast Beef</p> <p>Cornbread</p> <p>Broccoli*/#</p> <p>Peaches#</p> <p>Milk</p>	<p><b>National Pizza Day!</b></p> <p>English Muffin Pizza w/ Pepperoni</p> <p>(English Muffin)</p> <p>Cucumbers*/#</p> <p>Fruit Cocktail#</p> <p>Milk</p>
<p><b><u>Snack</u></b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Bread/grain</li> <li>• Fruit/vegetable</li> <li>• Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</li> </ul>	<p>Goldfish</p> <p>Grapes*/#</p>	<p>Peaches#</p> <p>Cottage Cheese#</p>	<p>Homemade Pita Chips</p> <p>Homemade Hummus#</p>	<p>Homemade Soft Pretzels</p> <p>Cheese Slices</p>	<p>Milk</p> <p>Rice Krispie Treats</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

\*Denotes fresh or frozen items.

\*\*Denotes use of whole grain product.

#Denotes Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 2-12-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>Bread/grain</li> <li>Fruit/vegetable</li> <li>Milk</li> </ul>	Oatmeal	Cheese Toast**	Cereal	Homemade Cinnamon Muffins	English Muffins
	Strawberries*/#	Oranges*/#	Apples*/#	Bananas */#	Mandarin Oranges#
	Milk	Milk	Milk	Milk	Milk
<b><u>Lunch</u></b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</li> <li>Bread/grain</li> <li>Fruit/vegetable</li> <li>Fruit/Vegetable</li> <li>Milk</li> </ul>	Chicken, Broccoli, & Rice Casserole  (Rice**)  (Broccoli*/#)  Pears*/#  Milk	Beef Tacos  (Tortilla)  Corn*/#  Pineapple#  Milk	<b>Happy Valentine's Day!</b>  Meatball Stew  Biscuits  (Potatoes & Carrots #)  Fruit Cocktail#  Milk	Ham Sandwiches  (Roll)  Peas#  Oranges*/#  Milk	Homemade Macaroni & Cheese  (Noodles)  Mixed Vegetables*/#  Peaches#  Milk
<b><u>Snack</u></b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>Milk</li> <li>Bread/grain</li> <li>Fruit/vegetable</li> <li>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</li> </ul>	Cheerios  Strawberry Applesauce#	Crackers  Raisins#	Milk   Smores Yogurt	Tortilla Chips   Cheese Sauce	Broccoli*/#   Cheese

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Week of 2-19-18	Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>Breakfast</b></u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Milk</i></li> </ul>	English Muffins  Apples*/#  Milk	Homemade Pancakes  Strawberries */#  Milk	Oatmeal  Raisins#  Milk	Bagels w/cream cheese  Bananas */#  Milk	Waffles  Blueberries*/#  Milk
<u><b>Lunch</b></u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Fruit/Vegetable</i></li> <li><i>Milk</i></li> </ul>	Homemade Chicken Nuggets  Roll  Mixed Vegetable*/#  Applesauce#  Milk	Beef Stew  Crackers  (Potatoes & Corn*/#)  Fruit Cocktail #  Milk	Turkey Wrap w/ Cheese  (Tortilla)  Peas*/#  Mandarin Oranges#  Milk	Sloppy Jo Tater Tot Casserole  Buttered Bread  (Beans& Tater Tots)  Pineapple#  Milk	Italian Pasta Bake w/ Cheese  (Noodles)  Green Beans*/#  Pears #  Milk
<u><b>Snack</b></u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li><i>Milk</i></li> <li><i>Bread/grain</i></li> <li><i>Fruit/vegetable</i></li> <li><i>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</i></li> </ul>	Graham Crackers  Applesauce#	Pita Chips  Oranges*/#	Milk  Zucchini Bread	Celery*/#  Hummus#	Crackers  Cucumbers*/#

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Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.

Week of 2-26-18	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>Bread/grain</li> <li>Fruit/vegetable</li> <li>Milk</li> </ul>	<b>Dr. Seuss Week</b>				
	<p><b>Who-cakes</b> (Pancakes)</p> <p>Strawberries*/#</p> <p>Milk</p>	<p>Oatmeal</p> <p><b>The Sneetches</b></p> <p>Peaches</p> <p>Milk</p>	<p>Cereal</p> <p>Oranges*/#</p> <p><b>Mr. Brown Can Moo</b></p> <p>Milk</p>	<p><b>To Think I Saw it on Mulberry Street</b> (Blueberry) Muffins</p> <p>Milk</p>	<p>Bagels w/ Cream Cheese</p> <p><b>10 Apples on Top</b></p> <p>Apple Slices</p> <p>Milk</p>
<p><b>Lunch</b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</li> <li>Bread/grain</li> <li>Fruit/vegetable</li> <li>Fruit/Vegetable</li> <li>Milk</li> </ul>	<p><b>Poodles Eating Noodles</b> (Chicken Pasta Salad)</p> <p>(Noodles)</p> <p>(Peas*/#)</p> <p>Pineapple*/#</p> <p>Milk</p>	<p><b>Green Eggs &amp; Ham</b></p> <p>Souffle</p> <p>(Bread)</p> <p>Carrots#</p> <p>Pears#</p> <p>Milk</p>	<p><b>Go Dog Go</b> (Kielbasa in a blanket)</p> <p>(Biscuit)</p> <p>Mixed Vegetables*/#</p> <p>Peaches#</p> <p>Milk</p>	<p><b>Yot in a Pot</b> (Sausage Stew)</p> <p>Crackers</p> <p>(Corn &amp; Potatoes*/#)</p> <p>Apples*/#</p> <p>Milk</p>	<p><b>There's A Wocket in My Pocket</b> (Egg Salad Wrap)</p> <p>(Tortilla)</p> <p>Cucumbers*/#</p> <p>Fruit Cocktail#</p> <p>Milk</p>
<p><b>Snack</b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>Milk</li> <li>Bread/grain</li> <li>Fruit/vegetable</li> <li>Meat or meat alternate (such as eggs, cheese, yogurt, or dry cooked beans)</li> </ul>	<p><b>If I Ran A Zoo</b> Animal Crackers</p> <p>Vanilla Yogurt</p>	<p><b>The Lorax</b> Truffula Trees (Celery &amp; Carrot Sticks)</p> <p>Summer Sausage</p>	<p>Milk</p> <p><b>Thing 1 &amp; Thing 2</b></p> <p>Jello Cake</p>	<p><b>One Fish, Two Fish, Red Fish, Blue Fish</b></p> <p>Goldfish</p> <p>Raisins*/#</p>	<p>Snack Mix</p> <p><b>Pink Ink Yink Drink</b></p> <p>Fruit Juice</p>

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