

February

2018

Calendar Month

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
			01 Whole wheat cheerios Banana Milk	02 Black Beans ⁵ Plantains Orange Milk
05 Chilaquiles ² Whole wheat bread ³⁶ Banana Milk	06 Oatmeal w/ toppings ¹ Pineapple Milk	07 Banana muffin ¹²³ Low fat yogurt ¹ Melon Milk	08 Whole wheat cheerios Banana Milk	09 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pear Milk
12 Scrambled eggs w/spinach ² Whole wheat bread ³⁶ Pineapple Milk	13 Oatmeal w/ toppings ¹ Melon Milk	14 Sweet potato muffin ¹²³ Low fat yogurt ¹ Orange Milk	15 Whole wheat cheerios Banana Milk	16 Black Beans ⁵ Cheese ¹ Honeydew Milk
19 Closed	20 Chilaquiles ² Whole wheat bread ³⁶ Orange Milk	21 Oatmeal w/ toppings ¹ Melon Milk	22 Whole wheat cheerios Banana Milk	23 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pineapple Milk
26 Turkey Sausage Whole grain waffle ³ Banana Milk	27 Oatmeal w/ toppings ¹ Honeydew Milk	28 Blueberry muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk		

Notes: This menu is subject to change Green: Local Produce

¹Dairy, ²Egg, ³Gluten, ⁴Seafood, ⁵Beans, ⁶Soy, ⁷Lentils, ⁸Peppers



BREAKFAST

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01 Beef w/ cabbage Brown rice Melon Milk	02 Baked Chicken Legs Carrots Whole wheat roll ¹²³⁶ Banana Milk
05 Bolognese ⁷ Whole wheat pasta ³ Green salad Apple Milk	06 Chicken Stew Barley/Quinoa ³ Green Beans Orange Milk	07 Fried rice w/ fish ⁴ Broccoli Pear Milk	08 International Day Mexico	09 Hawaiian Chicken Whole wheat tortilla ¹²³ Carrots Tangerine Milk
12 Vegetarian Chow Mein ³⁶ Green Salad Apple Milk	13 Paella/ Chicken Green Salad Orange Milk	14 Beef and Black Bean Tacos Tortilla integral ¹²³ Green Salad Pineapple Milk	15 Lentil Sweet potato Stew ⁷ Cheese Sandwich ¹³ Pear Milk	16 Baked Chicken Legs Green Beans Whole wheat roll ¹²³⁶ Tangerine Milk
19 Closed	20 Enchiladas ¹⁵ Green Salad Apple Milk	21 Chicken Stir Fry w/ carrots Barley/Quinoa ³ Tangerine Milk	22 Beef Bolognese Whole wheat pasta ³ Green Salad Melon Milk	23 Tuna Salad ⁴ Whole wheat roll ¹²³⁶ Carrots Pear Milk
26 Vegetarian Chili ⁵ Brown rice Green Salad Apple Milk	27 Chicken Stir Fry w/ green beans Brown Rice Tangerine Milk	28 Grilled cheese sandwich ¹³ Butternut squash Soup Green Salad Pear Milk		

Notes: This menu is subject to change . Green: Local Produce

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils, ⁸Peppers



LUNCH

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Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01 Bread with Cheese ³¹ Orange	02 String cheese ¹ Pear
05 Graham Crackers ³ Orange	06 Rice pudding ¹ Pear	07 Sweet potato bread pudding ¹³ Tangerine	08 Low Fat Yogurt ¹ Cantaloupe	09 Whole Wheat Animal Crackers ³ Pineapple
12 Cottage cheese ¹ Canned peaches	13 Whole Wheat Animal Crackers ³ Pineapple	14 Bread with Cheese ³¹ Banana	15 Apples with pumpkin dip	16 String cheese ¹ Pear
19 Closed	20 Low Fat Yogurt ¹ Cantaloupe	21 Rice pudding ¹ Pineapple	22 Sweet potato bread pudding ¹³ Apple	23 Low Fat Yogurt ¹ Tangerine
26 Cottage cheese ¹ Canned peaches	27 Apples with pumpkin dip	28 Bread with Cheese ³¹ Orange		

Notes: This menu is subject to change Green: Local

¹Dairy, ²Egg, ³Gluten, ⁴Seafood, ⁵Beans, ⁶Soy, ⁷Lentils



SNACK