

# February

## BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• Cinnamon Chex &amp; Zac Attack Fruit-Filled Apple Bar/fruit or orange juice</li> <li>• Plain Bagel &amp; Cream Cheese/fruit or orange juice</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• (DF) Honey Buttons Cereal/fruit or pineapple juice</li> <li>• Cinnamon Crumbles/fruit or pineapple juice</li> </ul> <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> <li>• Yogurt &amp; Remy's Cinnamon Grahams</li> <li>• (DF) Corn Chex &amp; Mini Dipperdoodle bar</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• (DF) Snow Flurries Cereal</li> <li>• Banana Muffin</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• Blueberry Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>• (DF) Honey Buttons Cereal/fruit or orange juice</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• Cinnamon Crumbles/fruit or pineapple juice</li> <li>• Multigrain Cheerios &amp; Zac Attack Fruit-Filled Strawberry Bar/fruit or pineapple juice</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• Plain Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>• Blueberry Muffin/fruit or orange juice</li> </ul> <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> <li>• (DF) Cheerios &amp; Zac Attack Fruit-Filled Apple Bar</li> <li>• Yogurt &amp; Granola</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• (DF) Zees Zees Berry Apple Bar</li> <li>• (DF) Cocoa Critters Cereal</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• Plain Bagel &amp; Cream Cheese/fruit or pineapple juice</li> <li>• Banana Muffin/fruit or pineapple juice</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• (DF) Cinnamon Dipperdoodle Bar/fruit or orange juice</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• (DF) Snow Flurries Cereal/fruit or pineapple juice</li> <li>• French Toast Muffin/fruit or pineapple juice</li> </ul> <p style="text-align: right;">16</p>
<p style="text-align: center;"><b>NO SCHOOL</b></p> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• (DF) Honey Grahams &amp; Cinnamon Rumbles</li> <li>• (DF) Corn Chex &amp; Mini Dipperdoodle Bar</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• Plain Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>• Blueberry Muffin/fruit or orange juice</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• Cinnamon Crumbles/fruit or pineapple juice</li> <li>• Yogurt &amp; Educational Snacks/fruit or pineapple juice</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• Blueberry Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>• (DF) Cocoa Critter Cereal/fruit or orange juice</li> </ul> <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> <li>• (DF) Snow Flurries Cereal</li> <li>• (DF) Zees Zees Berry Apple Bar</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• Cinnamon Chex &amp; Zac Attack Fruit-Filled Apple Bar</li> <li>• Banana Muffin</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• French Toast Muffin/fruit or pineapple juice</li> <li>• (DF) Zac Omega Fruit-Filled Strawberry Bar/fruit or pineapple juice</li> </ul> <p style="text-align: right;">28</p>		

### Did You Know?

As your first meal of the day, breakfast provides you with the energy you need to start the day off right!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

*This institution is an equal opportunity provider*



# February

## LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• (DF) Sloppy Joe</li> <li>○ Glazed Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Bites</li> <li>• Seasoned Garbanzo Beans &amp; Grape Tomatoes</li> </ul>
<ul style="list-style-type: none"> <li>• (DF) The Revolution Dog</li> <li>○ Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Mac &amp; Cheese &amp; BBQ Chicken</li> <li>○ Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Five Cheese Lasagna</li> <li>○ Chilled Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Cheesy Pizza Bite Meal</li> <li>○ Three Bean Salad</li> </ul>	<ul style="list-style-type: none"> <li>• (DF) Chicken Teriyaki</li> <li>○ Chopped Lettuce &amp; Sliced Tomatoes with Ranch</li> </ul>
<ul style="list-style-type: none"> <li>• Creamy Tomato Chicken Curry</li> <li>○ Chopped Lettuce &amp; Sliced Tomatoes with Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese &amp; Chicken Bites</li> <li>○ Glazed Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• (DF) Spaghetti &amp; Meatballs</li> <li>○ Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Veggie Chili</li> <li>○ Sliced Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Potstickers with not so fried rice</li> <li>○ Asian Style Broccoli Salad &amp; Edamame</li> </ul>
<p><b>NO SCHOOL</b></p>	<ul style="list-style-type: none"> <li>• Classic Chicken Parm Pasta</li> <li>○ Grape Tomatoes &amp; Three Bean Salad</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Meatless "Sausage" Calzoni</li> <li>○ Celery Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Sunny Sandwich Kit (sunbutter &amp; jelly)</li> <li>○ Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey &amp; Cheddar Sandwich</li> <li>○ Broccoli Florets with Ranch</li> </ul>
<ul style="list-style-type: none"> <li>• Hummus Dippers</li> <li>○ Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Cheesy Ravioli</li> <li>○ Sliced Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken with Cheesy Rice</li> <li>○ Broccoli Florets</li> </ul>		

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF)  
Vegetarian (V)

○ Vegetable of the day

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