

February 1 - February 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. Whole Grain Honey Bun-1 Milk-8 oz.	2 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	3 Fresh Apple-1 W/G Frosted Flakes-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	4 Fresh Orange-1 W/G Honey Graham Toasters Crl-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.
7 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Frosted Mini Wheat Cereal W/G Graham Crackers-3 Milk-8 oz.	8 Fresh Red Apple-1 W/G Cinnamon Toasters Crl-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.	9 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	10 Fresh Pear-1 W/G Trix Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	11 Granny Smith Apple-1 W/G Strawberry Pop Tarts-2 Milk-8 oz.
14 Fresh Apple-1 W/G Frosted Flakes-1 oz W/G Strawberry Breakfast Bar-1 Milk-8 oz.	15 Fresh Pear-1 Whole Grain Honey Bun-1 100% Apple Juice-4oz Milk-8 oz.	16 Fresh Orange-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	17 Fresh Apple-1 W/G Rice Krispies-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	18 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
21 NO SCHOOL PRESIDENT'S DAY	22 Fresh Apple-1 W/G Superdonut-2 oz. 100% Fruit Juice-4oz Milk-8oz	23 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	24 Fresh Pear-1 W/G Blueberry Pop Tarts-2 Milk-8 oz.	25 Granny Smith Apple-1 W/G Toasted Oats Cereal-1 oz. W/G Raisin Bread with Margarine-1 Milk-8 oz.
28 Fresh Pear-1 W/G Frosted Flakes-1 oz. W/G Graham Crackers-3 Milk-8 oz.				

February 1 - February 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Taco's W/Shredded Cheddar Cheese-2oz Celery Sticks-3/4c 6"Flour Torilla-2 Fresh Banana-1 Milk-8oz	2 Swedish Meatball W/Gravy3oz Roasted Potato-3/4c Dinner Roll-1 Fresh Apple-1 Milk-8 oz.	3 Turkey and Cheese on a Whole Grain Bread-1 Fresh Carrots W/Dip-3/4c Mandarin Orange Cup-1/2c Milk-8oz	4 Sliced Chicken on a W/G Potato Bun-1 Salad W/Dressing-1 1/2c Diced Pear Cup-1 Milk-8oz
7 All Beef Hamburger on a Whole Wheat Bun-1 Tater Tots 3/4c Fresh Orange-1 Milk-8 oz.	8 Beef Taco's W/Shredded Cheddar Cheese-2oz Spanish Rice-3/4c 6"Flour Torilla-2 Fresh Banana-1 Milk-8oz	9 Hot Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Dinner Roll-1 Pudding-1 Milk-8 oz.	10 Popcorn Chicken-3.8 oz. Broccoli and Cheese-3/4c Dinner Roll-1 Cherry Craisins-1/2 c. Milk-8 oz.	11 French Bread Pizza-1 Sliced Cucumber W/Dip-3/4c Applesauce Cup-1/2c Milk-8oz
14 All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4c Fresh Apple-1 Milk-8 oz.	15 Beef Taco's with Cheese Sauce-8oz Cold Corn Cup-3/4c W/G Torilla Scoops-1oz Clementine-1 Milk-8oz	16 Meatball Sub on a Whole Wheat Sub Roll-1 Fresh Celery Sticks-3/4c Fresh Banana-1 Milk-8oz	17 Turkey and Cheese on a Whole Wheat Kaiser Roll-1 Fresh Baby Carrots W/Dip-1c Fresh Pear-1 Milk-8oz	18 French Bread Pizza-1 Tomato Cup-3/4c Pudding Cup-1 Milk-8oz
21 NO SCHOOL PRESIDENT'S DAY	22 Beef Salami on a Kaiser Roll-1 Fresh Celery W/Dip-3/4c Fresh Banana-1 Milk-8oz	23 Sliced Chicken on a W/G Potato Bun-1 Salad W/Dressing 1 1/2c Fresh Orange-1 Milk-8oz	24 Ham and Cheese on a Wheat Kaiser Roll-1 Sliced Cucumber Cup-3/4c Craisins-1/2c Milk-8oz	25 All Beef Italian Sub-1 Beef Bologna Beef Salami and Cheese Black Bean and Corn Salad-3/4c Applesauce Cup-1 Milk-8oz
28 Toasted Cheese Sandwich on Whole Wheat Bread-1 Fresh Carrots W/Dip-3/4c Pudding Cup-1 Milk-8oz				



FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fresh Fruit Choc Grahams Crackers	2 Fresh Fruit Trail Mix	3 Fresh Fruit Go-Gurts Yogurt	4 Fresh Fruit Oatmeal Cookies	5
6	7 Fresh Fruit Peanut Butter Crackers	8 Fresh Fruit Animal Crackers	9 Fresh Fruit Veggie Straws	10 Fresh Fruit Pretzels	11 Fresh Fruit Cheese-It	12
13	14 Fresh Fruit Cheese Sticks	15 Fresh Fruit Goldfish	16 Fresh Fruit Granola Bar	17 Fresh Fruit Graham Cracker	18 Fresh Fruit Fruit Rollup	19
20	21 NO SCHOOL President's Day	22 Fresh Fruit Choc Grahams Crackers	23 Fresh Fruit Trail Mix	24 Fresh Fruit Go-Gurts Yogurt	25 Fresh Fruit Oatmeal Cookie	26
27	28 Fresh Fruit Peanut Butter Crackers					