



February Menu

	Mon	Tue	Wed	Thu	Fri
Breakfast (6:30 - 8:15 am)	Cereal with Milk	Plain yogurt with fresh fruit/maple syrup	Banana pancakes with fresh seasonal fruit	Bagels with cream cheese	Oatmeal with maple syrup
AM Snack (10:15 am)	Apple slices with crackers	Pears with cheese stick	Apple slices with crackers	Strawberries and animal crackers	Pears with cheese stick
Lunch (12:15 pm)	Mac'n'cheese with steamed broccoli	Brown Rice, baked chicken, corn <i>(meatless seven grain tenders)</i>	Sweet potato with grounded turkey fresh vegetables <i>(Sauteed black beans in tomato sauce)</i>	Bulgur chicken pilaf and fresh vegetables <i>(Bulgur tofu pilaf)</i>	Home made Pizza and steamed vegetables
PM Snack (3:30 pm)	Fresh seasonal fruit with animal crackers	Bananas with Milk	Pears with cheese stick	Apple slices with crackers	Bananas with Milk
Dinner (5:45 pm)	Couscous with chicken breast chunks <i>(tofu)</i>	Cheese tortellini	Mac'n'cheese with fresh vegetables	Brown rice, baked chicken, steamed vegetables <i>(meatless seven grain tenders)</i>	Pasta with grounded turkey fresh vegetables <i>(Tomato sauce sauteed black beans)</i>

Fresh fruits and vegetables are subject to availability

Food noted in italic font is vegetarian option