



February Menu

| | Mon | Tue | Wed | Thu | Fri |
|---------------------------------------|----------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------|
| Breakfast (6:30 - 8:15 am) | Cereal with Milk | Banana pancakes with fresh seasonal fruit | Bagels with cream cheese | Plain yogurt with fresh fruit/maple syrup | Oatmeal with maple syrup |
| AM Snack (10:15 am) | Apple slices with crackers | Orange slices with cheese stick | Bananas with Milk | Strawberries and animal crackers | Orange slices with cheese stick |
| Lunch (12:15 pm) | Chicken over rice <i>(Vegetables over rice)</i> | Chicken stroganoff with rice <i>(vegetables with rice)</i> | Baked chicken with pasta <i>(pasta with cheese stick)</i> | Potato wedges and chicken stew <i>(meatless meatballs)</i> | Home made Pizza and steamed vegetables |
| PM Snack (3:30 pm) | Fresh seasonal fruit with animal crackers | Blueberries and crackers | Fresh seasonal fruit with cheese stick | Apple slices with crackers | Bananas with Milk |
| Dinner (5:45 pm) | Chicken noodle soup <i>(lentil soup)</i> | Cheese tortellini | Cheese quesadillas | Rice with baked chicken <i>(tofu)</i> | Chicken dumplings |

Fresh fruits and vegetables are subject to availability

Food noted in italic font is vegetarian option