



Monthly Menu

February 2022

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|--|--|--|
| Week 1 | | 1 | 2 | 3 | 4 |
| Breakfast | | Bagels w/cream cheese Oranges | Biscuit w/ Sausage Apples | Muffin Melon | French Toast Oranges |
| Lunch | | Ham & Cheese on Tortilla Carrots Cementine | Baked Ham, Roasted Potatoes WG Bread Peaches | Pita with chicken, cheese, tomato Cucumber & Tzatziki sauce Mandarin Oranges | WG Grilled Cheese & Tomatoe Soup Pears |
| Snack | | WG Trail Mix | Ritz crackers w/ Hummus | WG Wheat Thins w/ cream cheese | Graham crackers w/cream cheese |
| Week 2 | 7 | 8 | 9 | 10 | 11 |
| Breakfast | WG Cereal Apple Slices | Waffles Oranges | Flatbread w/sun butter Banana | Cinnamon Bread Oranges | |
| Lunch | Pasta w/ meat sauce Green Beans Pineapple | WG Cheese Stick w/sauce Carrots Bananas | Hamburger on Bun Green Beans Cementines | WG Chicken Nuggets Bread Cucumbers, Melon | CLOSED |
| Snack | Keeble Crackers & Cheese | Sunbutter & Jelly Rollup | WG Chex Mix | Cheez Its | |
| Week 3 | 14 | 15 | 16 | 17 | 18 |
| Breakfast | WG Cereal Apple Slices | Croissant Oranges | Pancakes Apples | WG Muffin Banana | Bagels w/ Jam Oranges |
| Lunch | Pasta w/Alfredo Sauce Broccoli Peaches | WG Cheese Pizza Carrots Banana | Orange Chicken w/Rice Peas Mandarin Oranges | Beef Taco w/cheese, Tomato, Lettuce &Tortilla Mandarin Oranges | WG French Toast Sticks Hashbrown & Sausage Melon |
| Snack | Gogurt & Graham crackers | Apples & Cheese | WG Trail Mix | Tortilla Chips & Salsa | Ranch Oyster Crackers |
| Week 4 | 21 | 22 | 23 | 24 | 25 |
| Breakfast | WG Cereal Apple Slices | Sausage & Potatoes Banana | Yogurt, WG Granola Berries | Waffles Oranges | Cinnamon Bread Apples |
| Lunch | Pasta w/ Meat sauce Corn Peaches | WG Cheese Breadsticks w/sauce, Green Beans Melon | WG Chicken Patty Bun Carrots, Banana | Macaroni & Cheese Green Beans Pineapple | Turkey & Cheese on WG bread, Cucumbers Cementine |
| Snack | Seasoned Pretzels | Bagel w/ cream cheese | Cheese & Pepperoni | WG goldfish and Rasins | Cucumbers on Flatbread w/cream cheese |
| Week 5 | 28 | | | | |
| Breakfast | WG Cereal Apple Slices | | | | |
| Lunch | Chicken and Rice Peas Applesauce | | | | |
| Snack | Animal Crackers with Raisins | | | | |

Milk served at every breakfast and lunch (whole for children under 2, 1% for all other children)

Menu subject to change. WG = Whole Grain. Whole grain cereal = Cheerios, Life, or Kix

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