



Beets 



FEBRUARY

MON

TUE

WED

THU

03

B: English Muffin Breakfast Pizza, Pineapple, Skim Milk
L: Beefy Rice Casserole, Carrots, Peaches, Skim Milk
S: Cottage Cheese, WW Crackers

04

B: Bagel, Mandarin Oranges, Skim Milk
L: Tuna Sandwich, Cucumbers, Apples, Skim Milk
S: Breadsticks, Marinara, Skim Milk

05

B: Cream of Wheat, Oranges, Skim Milk
L: Spaghetti, Green Beans, Pears, Skim Milk
S: WW English Muffin w/ Peanut Butter, Skim Milk

06

B: Blueberry Bran Muffins, Applesauce, Skim Milk
L: Chicken & Wild Rice Soup, WW Crackers, Bananas, Skim Milk
S: **Beet Bread**, Skim Milk

10

B: Mixed Berry Yogurt Parfait, Skim Milk
L: Sloppy Joes, Peaches, Broccoli, Skim Milk
S: Peanut Butter Oatmeal Energy Balls, Skim Milk

11

B: Corn Chex, Pears, Skim Milk
L: Chicken Drumsticks, Mac n Cheese, Snap Peas, Apples, Skim Milk
S: Carrots & Celery, Ranch, Pretzels, Skim Milk

12

B: Cheesy Scrambled Eggs, Oranges, Skim Milk
L: Pepperoni Pizza, Green Salad, Pineapple, Skim Milk
S: Zucchini Bread, Skim Milk

13

B: Cream of the West, Mandarin Oranges, Skim Milk
L: Beef Stew, WW Rolls, Bananas, Skim Milk
S: Chex Mix, Skim Milk

17



18

B: Cinnamon Bread, Applesauce, Skim Milk
L: Fish Sticks, Green Salad, Pears, Skim Milk
S: Cheesesticks, Pretzels, Skim Milk

19

B: Scrambled Eggs, Oranges, Biscuits, Skim Milk
L: Chicken Salad Sandwiches, Pickles, Apples, Skim Milk
S: Yogurt, Animal Crackers, Skim Milk

20 Fiesta con Familias!

B: Cheerios, Pears, Skim Milk
L: Taco Soup, Tortilla Chips, Bananas, Chocolate Milk!
S: Pretzel Bites & Nacho Cheese Sauce, Skim Milk

24

B: Oatmeal, Oranges, Skim Milk
L: Tater Tot Casserole, Green Beans, Peaches, Skim Milk
S: Cinnamon Bread, Skim Milk

25

B: Ham & Cheese English Muffin, Pineapple, Skim Milk
L: Chicken Enchilada Casserole, Salad, Pears, Skim Milk
S: Ants on a Log (Celery, Cream Cheese, Raisins), Pretzels, Skim Milk

26

B: Cinnamon Toast Crunch, Mandarin Oranges, Skim Milk
L: Cheese Pizza, Apples, Broccoli, Skim Milk
S: Goldfish Graham Crackers w/ Peanut Butter, Skim Milk

27

B: Breakfast Fruit Pizzas, Skim Milk
L: Tomato Soup, Cold Cheese Sandwiches, Oranges, Skim Milk
S: PB&J Sandwiches, Skim Milk

***Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!**

An equal opportunity employer and provider.

*Menu is subject to change. 