



# Beets



# FEBRUARY

MON

TUE

WED

THU

02

**B:** Mixed Berry Yogurt Parfait, Skim Milk  
**L:** Sloppy Joes, Broccoli, Peaches, Skim Milk  
**S:** Soft Pretzel Bites & Queso, Skim Milk

03

**B:** French Toast Sticks, Applesauce, Skim Milk  
**L:** Chicken Drumsticks, Mac N Cheese, Snap Peas, Apples, Skim Milk  
**S:** Carrots & Cucumber Slices, WW Crackers, Skim Milk

04

**B:** Cheesy Scrambled Eggs, Oranges, Skim Milk  
**L:** Pepperoni Pizza, Salad, Pineapple, Skim Milk  
**S:** Dried Fruit & Cereal Snack Mix, Skim Milk

05

**B:** Corn Chex, Pears, Skim Milk  
**L:** Tomato Soup, Cold Cheese Sandwiches, Apples, Skim Milk  
**S:** Chex Mix, Skim Milk

09

**B:** Biscuits, Ham, Pineapple, Skim Milk  
**L:** Goulash, Apples, Skim Milk  
**S:** Cheese Sticks, Wheat Thins, Skim Milk

10

**B:** Hashbrowns, Turkey Sausage Links, Oranges, Skim Milk  
**L:** Chicken Enchiladas, Salad, Peaches, Skim Milk  
**S:** Yogurt, Graham Crackers, Skim Milk

11

**B:** Cheesy Omelets, WW Bread, Cantaloupe, Skim Milk  
**L:** Bean Burrito, Pears, Carrots & Celery, Skim Milk  
**S:** Ham, Pickle & Cream Cheese Roll-ups, Skim Milk

12

**B:** WW Cinnamon Bread, Applesauce, Skim Milk  
**L:** Beef Stew, WW Rolls, Bananas, Skim Milk  
**S:** Cold Cheese Sandwich, Skim Milk

16 No School!



17

**B:** WW Breakfast Pizza, Pineapple, Skim Milk  
**L:** Chicken Penne, Broccoli, Tropical Fruit, Skim Milk  
**S:** Cottage Cheese, Cucumbers, Skim Milk

18

**B:** Pancake & Sausage Roll-ups, Applesauce, Skim Milk  
**L:** Ham, Rolls, Spinach Salad, Peaches, Skim Milk  
**S:** WW Bagels, SunButter, Skim Milk

19

**B:** Cheerios, Pears, Skim Milk  
**L:** French Onion Soup, Roast Beef Sandwich, Bananas, Skim Milk  
**S:** **Beet Bread**, Skim Milk

23

**B:** Oatmeal, Oranges, Skim Milk  
**L:** TaterTot Casserole, Green Beans, Peaches, Skim Milk  
**S:** Ants on a Log (Celery, Cream Cheese, Raisin), Skim Milk

24

**B:** Peach Yogurt Parfaits, Skim Milk  
**L:** Chicken Stir Fry, Brown Rice, Pears, Skim Milk  
**S:** SunButter & Jelly Sandwiches, Skim Milk

25

**B:** Breakfast Muffins, Applesauce, Skim Milk  
**L:** Cheese Pizza, Pineapple, Broccoli, Skim Milk  
**S:** Cheesesticks, Pretzels, Skim Milk

**26** **Fiesta con Familias-**  
**Join us for snack!**  
**\*Am class joins for lunch!**

**B:** Life Cereal, Mandarin Oranges, Skim Milk  
**L:** Taco Soup, Tortilla Chips or Rolls, Bananas, Skim Milk  
**S:** Assorted Dips, Tortilla Chips, 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.