



February 2019 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 Spinach Frittata
Lunch					Flamed Broiled Teriyaki Veggie Burger, Tater Tots, Peaches, Milk
PM Snack					Cheese Stuffed Pretzel
AM Snack	4 Boiled Eggs, Toast	5 Fruit Muffin	6 Cheese Grits	7 Chicken Biscuit Veggie: Biscuit	8 Oatmeal
Lunch	Fish Sticks, Sweet Potato Fries, Mixed Fruit, Milk Veggie: Veggie Sticks	Pasta with Tomato Sauce, Broccoli, Pineapple, Milk	Chicken and Cheese Sliders, Green Beans, Apples, Milk Veggie: Cheese Sliders	Grilled Cheese Sandwich, Mixed Veggies, Watermelon, Milk	Cheese Quesadilla, Black Beans, Mango, Milk
PM Snack	Mini Turkey Corn Dogs	Fig Newton's	Trail Mix	Chips and Salsa	Cheese and Crackers
AM Snack	11 Hash brown Casserole	12 Cheese Toast	13 Fruit Muffin	14 English Muffin w/ Turkey Canadian Bacon	15 Veggie Sausage Biscuit
Lunch	Macaroni and Cheese, Mixed Veggies, Pineapple, Milk	Meatless Patty w/ Gravy, Lima Beans, Pears, Milk	Alfredo Pasta, Peas and Carrots, Peaches, Milk	BBQ Chicken Meatballs, Cole Slaw, Cantaloupe, Milk Veggie: Veggie Nuggets	Cheese Pizza, Fries, Apples, Milk
PM Snack	Cheese Roll Ups	Frozen Fruit Juice, Graham Crackers	Nutrigrain Bar	Bagel and Cream Cheese	Yogurt and Animal Crackers
AM Snack	18 Cheese Toast	19 Oatmeal	20 Fruit Muffin	21 Cheese Grits	22 Cheese Pizza, Brussel Sprouts, Pineapple, Milk
Lunch	Spaghetti w/ Vegetable Sauce, Corn, Apples, Milk	Dirty Rice, Mixed Veggies, Peaches, Milk Veggie: Meatless Dirty Rice	Bean and Cheese Burrito, Mexican Rice, Mango, Milk	Popcorn Chicken, Potatoes, Pears, Milk Veggie: Veggie Nuggets	Milk, Meatless Shepherd Pie, Rolls, Pineapples
PM Snack	Rice Cakes	Cheez-it's, Juice	Hummus and Crackers	Breadsticks and Cheese	Peach Cobbler
AM Snack	25 Hash brown w/cheese	26 Cheese Grits	27 Muffin w/ Veggie Sausage	28 Oatmeal	
Lunch	Veggie Meat Shepherds Pie, Roll, Apples, Milk	Turkey, Ham and Cheese Sliders, Green Beans, Peaches, Milk Veggie: Cheese Sliders	Pasta w/tomato sauce, Carrots, Pears, Milk	BBQ Chicken Sandwich, Baked Beans, Melon, Milk Veggie: BBQ Veggie Patty	
PM Snack	Whole Fruit Ice, Crackers	Bread Pudding	Trail Mix	Yogurt Wafers	