


| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|--|
| B R E A K F A S T | | | | | 1 1 Cheese Omelet 1 WG Biscuit 1 oz ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk |
| L U N C H | | | | | ½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans ¼ c Spinach Salad w Italian 1/8 c Peaches ½ c Milk <i>Veg: Same</i> |
| B R E A K F A S T | 4 Cereal and Milk | 5 1 WG French Toast (1.5 oz) ¼ c Apple Slices ½ c Milk | 6 ½ Stuffed Mini Bagel (1 oz grain) ¼ c Pineapple ½ c Milk | 7 Cereal and Milk | 8 1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ¼ c Pears ½ c Milk |
| L U N C H | <u>Make Your Own Wrap</u> ½ oz Turkey (1 Slices) 2 Tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla (1 oz) ¼ c Spinach Salad w Italian 1/8 c Pears ½ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i> | ½ Chicken Patty • 1 oz Chicken 1 WG Bun (1.8 oz) 1/8 c Three Bean Salad 1/8 c Tropical Fruit Salad ½ c Milk <i>Veg: Black Bean Patty*</i> | 1 oz Meatloaf 1 WG Corn Muffin (1 oz) 1/8 c Cheesy Mashed Potatoes 1/8 c Honeydew Diced ½ c Milk <i>Veg: Black Bean Patty* w Ketchup</i> | <u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice (½ oz grain) 1/8 c Broccoli w Ranch 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Honey Glazed Chickenless Nuggets*</i> | <u>Make Your Own Pizza</u> ½ WW English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese 1/8 c Tomato Sauce (Hot) 1/8 c Spinach Salad w Italian 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i> |
| B R E A K F A S T | 11 | 12 1 WG Pancake/ Applesauce 1oz Topping ¼ c Pineapple ½ c Milk | 13 1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ¼ c Honeydew ½ c Milk | | 15 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¼ c Milk |
| L U N C H | 1 Chicken Tenders 1 WG Wheat Roll (1 oz) 1/8 c Glazed Carrots 1/8 c Apple Slices ½ c Milk | 2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ¼ c Spinach Salad w Ranch 1/8 c Cantaloupe ½ c Milk <i>Veg: Vegetarian Black Bean Burger*</i> | <u>Make Your Own Joe</u> ¼ c Bean Sloppy Joe (1 oz meat alternate) #16 1 WG Bun (1.8 oz) 1/8 c Cole Slaw 1/8 c Mandarin Orange ½ c Milk | 1/3 c Beef Picadillo #12 1 oz meat ¼ c WG Rice (½ oz Grain) 1/8 c Broccoli w Creamy Italian Dip 1/8 c Pears ½ c Milk | 1 Cheese Manicotti (2.75oz) w Tomato Basil • 1 ½ oz cheese 2 oz WG grain ¼ c Romaine Salad w Ranch 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i> |

| | | Veg: 2 Chickenless Nuggets* w Ketchup | Veg: Same | Veg: 1 Lasagna Roll - Up | | |
|---|-----------------------|---|---|---|---|---|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| B R E A K F A S T | 18 |  <p>Presidents' Day</p> <p>Holiday "Presidents' Day"</p> | 19 ¼ c WG Oatmeal (0.7 oz) ¼ c Peaches ½ c Milk | 20 ½ WG Bagel w Cream Cheese ¼ c Pears ½ c Milk | 21 Cereal and Milk | 22 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ¼ c Melon Salad ½ c Milk |
| | L U N C H | | <u>Mediterranean</u> 1/8 c Seasoned Chicken Strips (1 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus 1/8 c Three Bean Salad 1/8 c Tropical Fruit Salad ½ c Milk Veg: ¼ c Chickpeas | ¼ c Beef & Bean Chili 1 oz meat/meat alternate 1 oz Corbread ¼ c Romaine with Ranch 1/8 c Mandarin Oranges ½ c Milk Veg: <i>Vegetarian Chili</i> | 3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ¼ c Spinach Salad w Italian 1/8 c Honeydew ½ c Milk Veg: 4 oz Yogurt | <u>Make Your Own Burrito</u> ¼ c Black Beans & 1/8 c Monterey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ¼ c Shredded Lettuce 1/8 c Pineapple ½ c Milk Veg: Same |
| B R E A K F A S T | 25 | 26 2 French Toast Bites (1.02 oz) ¼ c Cantaloupe ½ c Milk | 27 2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ¼ c Tropical Fruit Salad ½ c Milk | Cereal and Milk | | |
| L U N C H | | <u>Italian</u> 1 Chicken Tenders 1 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) 1/8 c Steamed Baby Carrots 1/8 c Applesauce ½ c Milk Veg: 1 Chix Tenders | ½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz) 1/8 c Broccoli w Ranch 1/8 c Pineapple ½ c Milk Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick | 1 Chicken Tender 1 oz WG Corn Muffin 1/8 c Cole Slaw 1/8 c Honeydew EHS Diced ½ c Milk Veg: 2 Chickenless Nuggets* w Ketchup | <u>Make Your Own Taco</u> ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Shredded Lettuce PC Salsa ¼ Banana ½ c Milk Veg: ¼ c Black Beans | |