

Week six -- Feb. 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	<p>Cereal</p> <p>Apples</p> <p>1 % Milk</p>	<p>Bagels</p> <p>Bananas</p> <p>1 % Milk</p>	<p>Cinnamon Toast</p> <p>Raisins</p> <p>1 % Milk</p>	<p>English Muffins w/ Jelly</p> <p>Craisins</p> <p>1 % Milk</p>	<p>Yougurt</p> <p>Strawberries</p> <p>1 % Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	<p>Chicken Noodle Casserole</p> <p>Egg Noodles</p> <p>Grapes</p> <p>Cucumbers</p> <p>1 % Milk</p>	<p>Beef Tator Tot Casserole</p> <p>Tator Tots</p> <p>Pineapple</p> <p>Green Beans</p> <p>1 % Milk</p>	<p>Egg bake Casserole</p> <p>Toast</p> <p>Oranges</p> <p>Corn</p> <p>1 % Milk</p>	<p>Beef Tacos</p> <p>Tortilla Shells</p> <p>Pears</p> <p>Baked Beans</p> <p>1 % Milk</p>	<p>Grilled Pepperoni and Cheese Sandwiches</p> <p>Bread</p> <p>Apples</p> <p>Pickles</p> <p>1 % Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	<p>Cheez its</p> <p>Craisins</p>	<p>Ritz Crackers</p> <p>Cheese Slices</p>	<p>1 % Milk</p> <p>Nutragrain Bars</p>	<p>Goldfish Crackers</p> <p>Juice</p>	<p>Chex mix</p> <p>String Cheese</p>

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.
Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week seven Feb. 10 -14	Monday	Tuesday	Wednesday	Thursday/Sam's Club	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	Ham	Pancakes	Toast w/ Jelly	Yougurt
	Apples	Hashbrowns	Pears	Bananas	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Chicken Stir Fry	Beef w/ Gravy	Ham and Potato Soup	Beef Spanish Rice	Chicken Salad Sandwich
	Rice	Noodles	Crackers	Rice	Bun
	Pineapple	Applesauce	Potatoes	Mandarin Oranges	Grapes
	Mixed Vegetables	Green Beans	Carrots	Peas	Cucumbers
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Goldfish Crackers	Veggie Straws	Pretzels	1 % Milk	Valentine Party Snacks
	Craisins	Cheese Slices	Cheese Sauce	Graham Crackers	

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Week Eight -- Feb. 17 - 21	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	Waffles	Sausage Gravy w/ Toast	Cinnamon Toast	Yougurt
	Apples	Applesauce	Blueberries	Craisins	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Chicken and Rice Casserole	Beef and Cheese Nachos	Hot Roast beef Sandwiches	Kielbasa	Turkey/Cheese Rollups
	Rice	Tortilla Chips	Buns	Bread/Butter	Tortilla Shells
	Peaches	Pineapple	Carrots	Pears	Oranges
	Peas	Corn	Mixed Fruit	Baked Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Ritz Crackers	Tortilla Chips	1 % Milk	Pretzels	Saltine Crackers
	Summer Sausage	Salsa	Animal Crackers	Juice	String Cheese

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Week Nine Feb. 24 - 28	Monday	Tuesday	Wednesday	Thursday/Sam's Club	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	English Muffin	Waffles	Sausage	Yogurt
	Apples	Raisins	Pears	Hashbrowns	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Turkey/Stuffing Bake	Beef Stew	English Muffin Pizzas w/ Pepperoni	Beef Goulash	Grilled Ham and Cheese Sandwiches
	Stuffing	Buttered Bread	English Muffins	Macaroni Noodles	Bread
	Mixed Fruit	Mandarin Oranges	Apples	Pineapple	Grapes
	Broccoli	Potatoes and Carrots	Corn	Carrots	Cucumbers
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit / Juice • Meat or meat alternate 	Trail Mix	Tortilla	1 % Milk Graham Crackers	Animal Crackers	Goldfish Crackers
	Raisins	Salsa		Juice	String Cheese

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