

LANA	Monday	Tuesday	Wednesday	Thursday	Friday
Tomatoes	1 st B: Cereal, bananas, milk L: Chicken salad sandwich, sun dried tomatoes, veggie straws, pears, milk S: Apple bars, raisins, milk	2 nd B: Pumpkin muffins, apples, milk L: Grilled cheese, tomato soup, carrot raisin salad, milk S: Black bean brownies, strawberries, milk	3 rd B: Hard eggs, jelly & toast, grapes, milk L: Beef stew, roasted potatoes, peas & carrots, milk S: Tomato salsa, guacamole, corn chips, milk	4 th B: Cinnamon raisin oatmeal, pears, milk L: Chicken vegetable stir-fry, steamed rice, oranges, milk S: Cherry tomatoes & cheese, crostini w/ pesto, milk	5 th B: Banana bread, fruit salad, milk L: Cheese quesadilla, tomato-corn salsa, refried beans, applesauce, milk S: Peaches, cottage cheese, milk
	8 th B: Cereal, bananas, milk L: Sloppy joe sliders, potato salad, baked beans, grapes, milk S: Choc. Chip Zucchini bread, milk	9 th B: Multigrain pancakes, applesauce, milk L: Chicken noodle soup, garden salad, soft roll, milk S: String cheese, trail mix, milk	10 th B: Biscuits, jelly, oranges, milk L: Buttered noodles w/ parmesan, cauliflower, pears, milk S: Celery & hummus, raisins, milk	11 th B: Veggie & cheese egg bake, grapes, milk L: Ham and cheese subs, fruit salad, chips, celery & dip, milk S: Spinach and banana muffins, apples, milk	12 th B: Crepes, blueberry sauce, pears, milk L: Chicken fried chicken, celery raisin & orange salad, broccoli, cous cous, milk S: Valentine cookies, apples, milk
	15 th B: Cereal, bananas, milk L: Asian chicken salad w/ tangerines, cucumber salad, eggroll, milk S: Cinnamon apple muffins, milk	16 th B: Cinnamon tangerine French toast, grapes, milk L: Potato corn chowder, broccoli slaw w/ raisins & tangerines, bread sticks, milk S: Popcorn, mixed dried fruit, milk	17 th B: Blueberry muffins, apples, milk L: Shepards pie, steamed broccoli, fruit salad, milk S: Cottage cheese, tangerines, milk	18 th B: Cream of wheat, pears, milk L: Cheese ravioli w/ marinara, roasted cauliflower, grape salad, milk S: Cucumber "tea sandwiches" apples, milk	19 th B: Mini bagels, maple cinnamon cream cheese, oranges, milk L: Pizza, pasta salad, tangerines, milk S: Pretzels, apples, caramel, milk
	22 nd B: Cereal, bananas, milk L: Meatloaf, cous cous, steamed broccoli, oranges, milk S: Apple crisp, dried fruit, milk	23 rd B: Broccoli cheese egg bake, pears, milk L: Linguini w/ mushrooms, bacon cream sauce, spinach, pineapple, milk S: Broccoli, dip, peaches, milk	24 th B: Sticky buns, apples, milk L: Chicken & broccoli stir-fry, steamed rice, oranges, milk S: Vanilla pudding, grapes, milk	25 th B: Multigrain pancakes, melon, milk L: Broccoli cheddar soup, soft roll, garden salad, apples, milk S: Granola bars, string cheese, milk	26 th B: Cinnamon apple oatmeal, raisins, milk L: Roast turkey breast, broccoli slaw salad, mashed potatoes, peaches, milk S: Carrot-raisin muffins, apples, milk

♥February Menu♥