



February 2024 School Menu

Milk is served with Breakfast & Lunch

		Show your love with Family Meals!				
Week: 5	Component	Family meals are a comforting ritual for both parents & kids. Children like the predictability of family meals & parents get a chance to catch up with their kids. Kids who take part in regular family meals are also more likely to eat fruits, vegetables, and grains and are less likely to snack on unhealthy foods!				
	Breakfast Grain				WG French Toast	Harvest Muffins
	Breakfast Fruit				Mixed Fruit	Spiced Apples
	Protein				Beef Tacos	Grilled Cheese Sandwiches
	Grain				Taco Shells	WG Toast
	Fruit				Mandarin Oranges	Pineapple Tidbits
	Vegetable				Corn	Tomato Soup
	Snack Grain				Goldfish	WG Wheat Thins
	Snack Fruit				Grapes	Cottage Cheese
Week: 6	Component	Monday 02/05/24	Tuesday 02/06/24	Wednesday 02/07/24	Thursday 02/08/24	Friday 02/09/24
	Breakfast Grain	WG Oatmeal	Pancakes	Bagels & Cream Cheese	Biscuits & Gravy	WG Cheerios Cereal
	Breakfast Fruit	Spiced Apples	Pears	Pineapple Tidbits	Peaches	Bananas
	Protein	Beanie Weenies	Beef Meatloaf	White Chicken Chili	Pulled Pork Sandwiches	Lunchbox Surprise It's the best day ever! We will create a delicious & healthy lunch from our magical pantry!
	Grain	WG Toast	WG Toast	Navy Beans	WG Buns	
	Fruit	Pineapple Tidbits	Applesauce	Mixed Fruit	Sliced Apples	
	Vegetable	Baked Beans	Mashed Potatoes	Tater Tots	Green Beans	
	Snack Grain	Graham Crackers	Animal Crackers	WG Wheat Thins	Animal Crackers	
	Snack Fruit	String Cheese	Orange Slices	Cheddar Slices	Grapes	
						Cottage Cheese
Week: 7	Component	Monday 02/12/24	Tuesday 02/13/24	Wednesday 02/14/24	Thursday 02/15/24	Friday 02/16/24
	Breakfast Grain	Biscuits & Gravy	Bagels & Cream Cheese	WG Oatmeal	WG Rice Crispy Cereal	Pancakes
	Breakfast Fruit	Applesauce	Pineapple Tidbits	Spiced Apples	Mixed Fruit	Pears
	Protein	Mac-A-Ghetti	Chicken Taco Salad	Mini Corn Dogs	Beef Meatballs	Pineapple Chicken
	Grain	WG Noodles	WG Tortilla Chips	Cornbread	WG Toast	White Rice
	Fruit	Peaches	Mandarin Oranges	Pears	Applesauce	Pineapple Tidbits
	Vegetable	Green Beans	Corn	Diced Carrots	Mashed Potatoes	Broccoli
	Snack Grain	Animal Crackers	Club Crackers	Graham Crackers	Goldfish	Animal Crackers
	Snack Fruit	String Cheese	Cottage Cheese	Orange Slices	Grapes	Orange Slices
Week: 8	Component	Monday 02/19/24	Tuesday 02/20/24	Wednesday 02/21/24	Thursday 02/22/24	Friday 02/23/24
	Breakfast Grain	Bagels & Cream Cheese	Harvest Muffins	Biscuits & Gravy	French Toast	WG Oatmeal
	Breakfast Fruit	Pineapple Tidbits	Spiced Apples	Applesauce	Pears	Spiced Apples
	Protein	Grilled Ham & Cheese	BBQ Chicken	Beef Stroganoff	Chicken & Broccoli Bake	Lunchbox Surprise It's the best day ever! We will create a delicious & healthy lunch from our magical pantry!
	Grain	WG Toast	WG Mac & Cheese	WG Noodles	White Rice	
	Fruit	Pears	Applesauce	Mixed Fruit	Sliced Apples	
	Vegetable	Peas & Carrots	Mixed Vegetables	Green Beans	Broccoli	
	Snack Grain	Animal Crackers	WG Wheat Thins	Ritz Crackers	Goldfish	
	Snack Fruit	Orange Slices	Cottage Cheese	Cheddar Slices	Grapes	
						Cottage Cheese
Week: 1	Component	Monday 02/26/24	Tuesday 02/27/24	Wednesday 02/28/24	Thursday 02/29/24	For more info on Family Meals Scan the QR Code:
	Breakfast Grain	WG Rice Crispy Cereal	Pancakes	WG Oatmeal	Biscuits & Gravy	
	Breakfast Fruit	Peaches	Pears	Spiced Apples	Applesauce	
	Protein	Spaghetti Bolognese	Turkey Hot Dogs	Chicken Tacos	Sloppy Joes	
	Grain	WG Noodles	WG Buns	WG Tortillas	WG Buns	
	Fruit	Pears	Mixed Fruit	Pineapple Tidbits	Mandarin Oranges	
	Vegetable	Green Beans	Baked Beans	Corn	Broccoli	
	Snack Grain	Graham Crackers	WG Wheat Thins	Club Crackers	Animal Crackers	
	Snack Fruit	String Cheese	Orange Slices	Cheddar Slices	Grapes	

