

# February

# Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
5	6	7	8	9
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
12	13	14	15	16
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
19	20	21	22	23
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
26	27	28		
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt		



# February

# Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Organic Oranges	Chefs Choice
			Organic Banana Muffins Organic Milk	Chefs Choice
5	6	7	8	9
Cheese and Crackers	Veggies and Hummus	Chips and Guacamole	Organic Berries	Chefs Choice
Watermelon	Trail Mix	Organic Apples	Tillamook Cheddar Gougeres	Chefs Choice
12	13	14	15	16
Raisins and Goldfish	Chips and Guacamole	Veggies and Hummus	Cheese and Cracker Plate	Chefs Choice
Organic Apple	Fruit and Yogurt Parfait	Fruit Salad	Oatmeal Bar	Chefs Choice
19	20	21	22	23
Chips and Guacamole	Organic Berries	Veggies and Hummus	Organic Apples	Chefs Choice
Watermelon	Cheese and Cracker Plate	Tillamook Cheddar Gougeres	Organic Banana Muffins Organic Milk	Chefs Choice
26	27	28		
Raisins and Goldfish	Cheese and Crackers	Chips and Salsa		
Organic Apples	Fruit and Yogurt Parfait	Pumpkin Muffins Organic Milk		

## Our Snack Plates V

Apples, Oranges, Grapes, Watermelon, Cantaloupe, Honeydew Melon or Sheep Cheese, Yogurt, Triscuits, Popcorn, Granola, Pickles, Cucumbers, Celeriac, Snow Peas, Green Peas, Green Spinach Dip, Lentil Dip, Recycled Tofu



# February

# Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Roasted Pork Loin and Asparagus (Portabello)	Chefs Choice
5	6	7	8	9
Ratatouille over Rice	Bbq Pulled Pork Sliders (Bbq Tofu)	Chicken and Mushroom Stroganoff (Mushroom Stroganoff)	Sweet and Sour Chicken (Tofu)	Chefs Choice
12	13	14	15	16
Pesto Vegetable Pasta Primavera (Vegetarian)	Taco Tuesday (Veggie Fajita)	Teriyaki Salmon (Teriyaki Tofu)	Pasta Bolognese (TVP Bolognese)	Chefs Choice
19	20	21	22	23
Chicken and Vegetable Yakisoba (Tofu Yakisoba)	House Ground Chicken Sliders (Blackbean Burger)	Herb Roasted Chicken (Roasted Portabello)	Pesto Vegetable Pasta Primavera (Vegetarian)	Chefs Choice
26	27	28		
Chicken Stew Over Mashed Potatoes (Veg Stew)	Spaghetti and Meatballs (TVP Bolognese)	Roasted Pork Loin w/Vegetables (Portabello)		

