

February

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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
10	11	12	13	14
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
17	18	19	20	21
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
24	25	26	27	28
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



February

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Cantaloupe	Organic Oranges	Organic Berries	Pineapple	Chefs Choice
Organic Apples	Turkey & Cranberries	Hummus & Pita	Zucchini Mufins	Chefs Choice
10	11	12	13	14
Trail mix	Organic Apples	Vegetable Crudite	Honey Dew	Chefs Choice
Cheese and Cracker Plate	Watermelon	House Made Granola Bar	Chips and Salsa	Chefs Choice
17	18	19	20	21
Cheese and Cracker Plate	Organic Pears	Chips and Salsa	Watermelon	Chefs Choice
Oatmeal Bar	Berry Smoothies	Organic Oranges	Yogurt Berry Parfait	Chefs Choice
24	25	26	27	28
Organic Apples	Watermelon	Veggies and Hummus	Canaloupe	Chefs Choice
Chips & Guacamole	Cheese and Cracker Plate	Trail Mix	Morning Glory Muffins	Chefs Choice

Our Snack Plates V

Apples, Oranges, Grapes, W
Cantaloupe, Hondew Melor
or Sheep Cheese, Yogurt,
Triscuits, Popcorn, Grano
Pickles, Cucumbers, Celery,
Peas, Green Peas, Green
Spinach Dip, Lentil Dip, Rec
Tofu :



February

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken Fried Rice w/ Veggies (Tofu)	House Ground Chicken Sliders (Black Bean Burgers)	Pizza Day	Hoisen Glazed Meatballs Over Rice and Veggies (Tofu)	Pasta Bolgnese (TVP Bolognese)
10	11	12	13	14
Smoked Salmon Alfredo Ravioli	Taco Tuesday	Grilled Turkey Melts w/ Tomato Soup	Chicken Pad Thai (Tofu Pad Thai)	Chicken & Broccoli Tortellini
17	18	19	20	21
Moraccan Sweet Potato & Vegetable Stew	Fish and Chips(Sweet Potato Fries) (Crispy Tofu)	Butternut Squash Mac and Cheese (Vegetarian)	Crispy Orange Chicken (Orange Tofu)	Chicken Salad Sliders (Egg Salad Sliders)
24	25	26	27	28
Housemade Swedish Meatballs Over Mashed Potatoes (Portabello)	Burrito Bowl Served w/ Tortilla Chips	Roasted Honey Mustard Chicken w/ Rice & Veggies (Portabello)	Chicken Noodle Soup w/ Grilled Cheese Sandwich (Veggie Noodle)	Teriyaki Salmon (Teriyaki Tofu)

