

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>B = Breakfast L = Lunch S/PM = Snack or PM Breakfast WGR = Whole Grain Rich Item</p>	<p>Unflavored, non-fat milk is served at B, L & PM Bfast Water is served at Snack</p>	<p>B:Shredded Wheat,Oranges,Milk 1 L:Meatballs&Gravy,Mashed Potatoes,Fresh Fruit,Milk S/PM :Cottage Cheese,Pineapple,Water/Milk</p>	<p>B:Scrambled Eggs,WW Toast,Oranges 2 L: Enchilada Casserole, WGR Corn Chips, Green Beans, Milk S/PM Baked Pretzel, Melon,Water/Milk</p>	<p>B:WGR French Toast Sticks,Peaches,Milk 3 L:SunButter & Jelly Sandwich, Cucumber, Cheese Stick, Mandarins,Milk S/PM Rice Chex, Pears,Milk/Water</p>
<p>B:WG Cheerios,Bananas,Milk 6 L:Mac&Cheese,w/Turkey Ham,Steamed Spinach,Pears,Milk S/PM:WW Toast w/Sun Butter,Peaches,Water/Milk</p>	<p>B:Apple Muffins,Pears,Milk 7 L:Taco Soup,WG Tortilla Chips, Oranges,Milk S/PM:WG Bagel,Mixed Fruit Water/Milk</p>	<p>B:Oatmeal,Berries,Milk 8 L:Chicken Salad Sandwich, Cucumber,Fresh Strawberries,Milk S/PM: Blueberry Muffins,Peaches,Water/Milk</p>	<p>B:Vanilla Yogurt,M/G Cheerios,Berries,Milk 9 L:Beef Lasagna,Green Beans,Mandarins,WG Roll,Milk S/PM: WGR Goldfish,Apples, Water/Milk</p>	<p>B:WG Pancakes,Peaches,Milk 10 L:Tuna Melt,Oven Fries,Oranges,Milk S/PM:Kix,Fresh Fruit,Milk</p>
<p>B:WG Waffle Stick, 13 Berries, Milk L:Chicken Penne,Steamed Broccoli,Apples,WGGarlic Bread,Milk S/PM HB Eggs, Oranges, Water/ Milk</p>	<p>B:Scrambled Eggs, 14 WW Toast, Fruit,Milk L:Potato,Turkey&Broccoli Bake,Pears,WG Crackers,Milk S/PM:Cottage Cheese, Fruit,Water/Milk</p>	<p>B:LifeCereal,Mandarin ,Milk 15 L:Turkey Sandwich, Baby Carrots,Apples,Milk S/PM:Vanilla Yogurt,Mixed Berries,Water/Milk</p>	<p>B:Breakfast 16 Biscuit,Nectarines,Milk L:Baked Chicken,Green Beans,Strawberries,WG Roll,Milk S/PM:English Muffin & Sunbutter,Applesauce, Water/Milk</p>	<p>B:Oatmeal,Diced 17 Strawberries,Milk L:Fish Sticks,Corn,MelonMilk S/PM:Flip Side Crackers,String Cheese,Peaches,Water/Milk</p>
<p>No School Presidents Day</p>	<p>B:WG Bagels,Blueberries, Milk 21 L:Teriyaki Chicken,Stiry Fry Veggies,WG Brown Rice,Apriocots,Milk S/PM: Multigrain Crackers,Peaches,Water/Milk</p>	<p>B:Pumpkin 22 Muffins,Oranges,Milk L:Beef Taco w/cheese,lettuce&tom,black beans,pineapple,Milk S/PM:Cheese Stick,Apples,Water/Milk</p>	<p>B:Blueberry Chex, 23 Peaches,Milk L:Chicken Pot Pie Green Salad Mixed Fruit,Milk S/PM:Turk-Ham&Cheese Roll up,Mango,Water/Milk</p>	<p>B:WG French Toast 24 Sticks,Applesauce,Milk L:Egg Salad Sandwich,Mixed Veggies,Apples,Milk S/PM:WG Cheerios, Strawberries, Water, Milk</p>
<p>B:Cream of Wheat ,Berries, Milk 27 L:WG Chicken Nuggets,Steamed Broccoli, Fruit, Milk S/PM:Yogurt,Apples,Water/Milk</p>	<p>B:WG Pancakes, Peaches, Milk 28 L:Beef & Vegetable Stew, Oranges, WG Roll, Milk S/PM:String Cheese,Pears,Water/Milk</p>			

RECIPE OF THE MONTH

Breakfast Banana Split

Prep time: 5 minutes

Makes: 2 Banana Splits

Ingredients

1 small banana

1 cup oat, corn, or granola cereal

1/2 cup low-fat vanilla or strawberry yogurt
1/2 teaspoon honey, optional (skip for children under the age of one)

1/2 cup canned pineapple tidbits or chunks (drained)

Directions

Wash hands with soap and water.
Peel and split banana lengthwise. Place half in two separate cereal bowls.
Over each banana, spoon yogurt, sprinkle cereal and drizzle honey, if desired.
Top with pineapple and serve immediately.
Refrigerate leftovers within 2 hours.

For More Easy,Healthy and delicious recipes
Visit Foodhero.org