

	Monday	Tuesday	Wednesday	Thursday	Friday
January 31	Blueberry pancakes	Banana muffins with fresh berries	Waffles with berries	Raisin toast with sun butter and bananas	Rice cakes and fresh berries
	Scrambled eggs and toast	Raspberry and lemon cream of wheat	Cinnamon French toast with turkey bacon	Strawberry yogurt	Turkey pepperoni omelette cups
	Meatball sliders and sweet potato fries with fruit cup	Chicken teriyaki bowl with fresh veggies and fruit cup	Spinach pesto pasta with chicken bites and fruit cup	Chicken and cheese soft taco with Mexican corn and fruit cup	Beef and vegetable lomein with fruit cup
	Mac and cheese balls with fresh fruit	Mini quiches with fresh fruit	Stuffed mushrooms and fresh fruit	Dumplings and fresh fruit	Pretzel bites and mustard sauce
February 7	Toast points with jam and fresh fruit	Fruit smoothie and animal crackers	Cinnamon rolls with fresh berries	Scrambled eggs with cheese and berries	English muffins with apple butter
	Sausage and potato casserole and fresh fruit	Bagel with fresh fruit cream cheese	Strawberry cream oatmeal	Chocolate chip and banana waffles	Fresh fruit and yogurt dip
	Butter chicken with basmati rice and garlic string bean and fruit cup	Crab fried rice and roasted broccoli with fruit cup	Pasta with Bolognese sauce, sauteed squash and fruit cup	Salmon and rice sushi balls with edamame and fruit cup	Cheese and bean quesadilla with guacamole and fresh fruit
	Assorted pies and fresh fruit	Pig in a blanket with fresh fruit	Mini cheese board	Corn dogs with fresh fruit	Chicken wonton with fresh fruit
February 14	Blueberry muffins with banana slices	Croissant with fresh berries	Biscuits and berries	Fresh berry yogurt with granola	Fruit smoothie and animal crackers
	Cheese grits and turkey bacon	Turkey sausage patties and fresh fruit	Apple cinnamon pancakes	Breakfast sandwich with fruit	Banana chocolate chip muffins with fruit
	Stuffed turkey and spinach shells with fruit cup	Chicken and rice with roasted veggie blend and fruit cup	Margarita flatbread with broccoli and fruit salad	Chicken stir fry with rice and fresh fruit	Chicken tenders and sweet potato fries with fruit cup
	Baked sweet potato with cinnamon glaze and fruit	Hummus and fresh veggies	Chicken salad and crackers	Mozzarella sticks with marinara	Vegetable spring roll and fresh fruit
February 21	Fresh toast bites and bananas	Mini bagel with cream cheese	Mini confetti pancakes with berries	Sausage roll up with fresh fruit	Cereal and milk
	Turkey pancake wrap	Apple cinnamon oatmeal	Country chicken biscuits with fresh fruit	Oatmeal bar and fresh fruit	Cheese toast with fresh fruit
	Grilled cheese with tomato sauce and fruit cup	Beef taco bowl with cilantro rice, tomato salsa and fruit cup	Baked ziti with spinach and fruit cup	Chicken ramen with fruit cup	Cheeseburger slider with veggie straws and fruit cup
	Popcorn chicken and fresh fruit	Fresh veggie and ranch dip	Fruit skewer with yogurt dip	Egg salad toast with fresh fruit	Popcorn and fresh fruit

Vegetarian option available for all meals