

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Kids choice cereal and organic fruit milk/yogurt	Muffins with organic fruit and milk	Hashbrowns, cage-free eggs, organic milk and fruit	French Toast, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt
10	11	12	13	14
Kids choice cereal and organic fruit milk/yogurt	Muffins with organic fruit and milk	Hashbrowns, cage-free eggs, organic milk and fruit	Wholegrain Waffles, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt
17	18	19	20	21
Kids choice cereal and organic fruit milk/yogurt	Muffins with organic fruit and milk	Hashbrowns, cage-free eggs, organic milk and fruit	Pancakes, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt
24	25	26	27	28
Kids choice cereal and organic fruit milk/yogurt	Muffins with organic fruit and milk	Hashbrowns, cage-free eggs, organic milk and fruit	French Toast, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt

February

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Ziti Alfredo Pasta with Broccoli	Shredded Chicken Soft Tacos	Chicken & Vegetable Biryani with Naan	Teriyaki Salmon with Rice & Vegetables	Sunbutter & Jelly Sandwiches
10	11	12	13	14
Loaded Baked Potatoes	Burrito Bowl	Mapo Tofu over Rice	Roasted Pork Loin with Rice and Applesauce	Pizza Day
17	18	19	20	21
Red Lentil Dal over Basmati Rice with Naan	Sweet & Sour Chicken over Rice and Vegetables	Ham & Cheddar Sliders	Chicken Noodle Soup	Japanese Chicken & Vegetable Curry
24	25	26	27	28
Shrimp Fried Rice	Baked Mac & Cheese	Teriyaki Chicken over Rice and Vegetables	Cheese Quesadillas	Turkey & Cheddar Sandwiches

February

Snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
(am) Organic Oranges (pm) Cheese & Cracker Plate	(am) Organic Apples (pm) Chips & Salsa	(am) Organic Berries (pm) Salami and Raisins	(am) Honeydew (pm) Trail Mix	Chef's choice
10	11	12	13	14
(am) Organic Apples (pm) Pita & Veggies	(am) Organic Berries (pm) Homemade Granola Bars	(am) Honeydew (pm) Yogurt & Berry Parfaits	(am) Organic oranges (pm) Valentines Day Snack	Chef's choice
17	18	19	20	21
(am) Organic Apples (pm) Cheese & Cracker Plate	(am) Organic Oranges (pm) Mango Smoothies	(am) Canteloupe (pm) Ham & Raisins	(am) Organic Pears (pm) Zucchini Muffins	Chef's choice
24	25	26	27	28
(am) Organic Apples (pm) Chips and guacamole	(am) Organic oranges (pm) Berry smoothies	(am) Organic Berries (pm) Cheese & Cracker Plate	(am) Canteloupe (pm) Trail Mix	Chef's choice