

Breakfast K-1

FEBRUARY 2024

MON	TUE	WED	THU	FRI
Cinnamon Crisp Bar Raisins & 100% Grape Juice	Strawberry Yogurt Graham Crackers or Breakfast Pizza Diced Pineapple & 100% Apple Juice	Multi-Grain Cinnamon Flakes Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	1 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Applesauce & 100% Orange Juice	2 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
5 Banana Muffin Raisins & Applesauce	6 Strawberry Yogurt Graham Crackers or Apple Frudel Diced Pineapple & 100% Apple Juice	7 Multi-Grain Frosted Flakes Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	8 RS Cinnamon Toast Crunch Graham Crackers or Pancakes w/ Syrup Applesauce & 100% Orange Juice	9 Cinnamon Crisp Bar Raisins & 100% Grape Juice
12 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	13 Strawberry Yogurt Graham Crackers or Mini Sausage & Cheese Flatbread Diced Pineapple & 100% Apple Juice	14 Honey Cheerios Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	15 Plain Bagel w/ Cream Cheese or Cinnamon Bun Applesauce & 100% Orange Juice	16 Apple Jacks Graham Crackers Raisins & 100% Grape Juice
19	20	21	22	23
26 Cinnamon Crisp Bar Raisins & 100% Grape Juice	27 Strawberry Yogurt Graham Crackers or Breakfast Pizza Diced Pineapple & 100% Apple Juice	28 Multi-Grain Cinnamon Flakes Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	29 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Applesauce & 100% Orange Juice	Blueberry Muffin Fresh Orange & 100% Pineapple Juice



Snack Menu

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 String Cheese Fresh Large Apple	2 WG Graham Crackers 100% Orange Juice
5 WG Pretzels 100% Orange Juice	6 WG Graham Crackers 100% Fruit Juice	7 WG Blueberry Muffin String Cheese	8 Cheezelt 100% Fruit Juice	9 WG Tostitos 100% Apple Juice
12 WG Cheez-its 100% Fruit Juice	13 WG Cool Ranch Doritos 100% Orange Juice	14 WG Graham Crackers 100% Apple Juice	15 WG Apple Muffin String Cheese	16 WG Pretzels 100% Orange Juice
19	20	21	22	23
26 Roasted Sunflower Seeds 100% Fruit Juice	27 WG Cheez-its Baby Carrots w/ Ranch	28 WG Sunchips 100% Orange Juice	29 String Cheese Fresh Large Apple	

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



Lunch K-1

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Cheesy Crispy Chicken Biscuit with Celery Sticks w/ Ranch or Cobb Salad ^y with Pita Bread Fresh Banana	2 Cheese Pizza ^y or Turkey & Cheese Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins
5 Chicken Nuggets with Baked Beans or Falafel Bites ^y with Quinoa Pilaf Black Beans & Tomato	6 Homemade Macaroni & Cheese ^y or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Broccoli	7 French Toast Sticks w/ Scrambled Eggs ^y Roasted Sweet Potatoes or Chicken Tamale Spanish Brown Rice & Beans Carrots w/ Ranch Dressing	8 Adobo Chicken with Cilantro Brown Rice & Street Corn or Veggie Burger ^y on WW Bun Roasted Potatoes	9 French Bread Cheese Pizza ^y or Egg Salad Sandwich ^y on WW Bread Celery Sticks w/ Ranch Dressing
12 Cheese Quesadilla ^y w/ Sour Cream on WW Tortilla with Street Corn or Beef Meatloaf w/ Gravy WW Bun & Mashed Potatoes Fresh Orange	13 BBQ Chicken with Brown Rice & Baked Beans or Chickpea Marinara Pasta ^y w/ Cheese Fresh Pear	14 Buffalo Chicken Flatbread Melt ^y Celery Sticks w/ Ranch Dressing Or Cheese Raviolis ^y w/ Tomato Sauce & Green Beans Fresh Apple	15 Stuffed Bread Sticks ^y Marinara Dipping Sauce & 100% Sun Splash Juice or Turkey Fajita with Brown Rice and Carrots Fresh Banana	16 Cheese Pizza ^y Or Chicken Salad Sandwich on WW Bread Garden Side Salad w/ Ranch Raisins
19	20	21	22	23
26 Cheese Beef Burger on WW Bun or Egg & Cheese Sandwich on English Muffin ^y Roasted Potatoes Fresh Orange	27 Fajita Chicken with Brown Rice Black Beans & Tomatoes or Spanish Rice w/ Cheese & Kidney Beans ^y Fresh Pear	28 Beef Meatballs & Spaghetti w/ Tomato Sauce & Broccoli or Veggie Burger ^y on WW Bun Garden Side Salad w/ Ranch Fresh Apple	29 Cheesy Crispy Chicken Biscuit with Celery Sticks w/ Ranch or Cobb Salad ^y with Pita Bread Fresh Banana	

