



**MENU February 2024 ( Breakfast)**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Apple Pie Oatmeal Cinnamon Raisin Bagel (pre-prepared) Scrambled Eggs with Swiss Apple 1% Low Fat Milk Margarine Reduced Fat Cream Cheese (1oz)	2 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Orange 1% Low Fat Milk
5 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Apple Juice	6 Banana Nut Muffin (pre-prepared) Vegetable Egg Frittata Apple 1% Low Fat Milk Reduced Fat Cream Cheese (1oz)	7 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup	8 Cheddar and Potato Bake Cinnamon Toast Crunch (Reduced Sugar) Blackberries 1% Low Fat Milk	9 Apple Pancakes Farina Hard Boiled Egg Blueberries * 1% Low Fat Milk Pancake Syrup
12 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Grain Apple Cinnamon Muffin (pre-prepared) Pear 1% Low Fat Milk Ketchup (9g packet)	13 Cheerios Cinnamon Whole Wheat French Toast Hard Boiled Egg Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup	14 Creamy Oat Bran (1/2 cup) Scrambled Eggs with Swiss Whole Wheat Bread Banana 1% Low Fat Milk Margarine	15 Egg Frittata with Potatoes and Peas Mixed Berry and Quinoa Breakfast Bake Apple  1% Low Fat Milk 	16 Ketchup (9g packet) Egg Whites Farina Orange 1% Low Fat Milk
19 Grits (1 cup) Multigrain Cheerios Scrambled Eggs Canned Pears 1% Low Fat Milk	20 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Orange 1% Low Fat Milk Margarine	21 Toasted Oats Cereal Western Frittata Banana 1% Low Fat Milk Pancake Syrup	22 Instant Maple Flavored Oatmeal (1/2 cup) Multigrain Bread Spinach and Mozzarella Frittata Canned Pineapple 1% Low Fat Milk Apple Butter Cottage Cheese (3/4 cup)	23 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Frozen Mixed Berries * 1% Low Fat Milk Pancake Syrup
26 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Applesauce with Mango and Orange 1% Low Fat Milk Ketchup (9g packet)	27 Cinnamon Toast Crunch (Reduced Sugar) Egg Frittata with Potatoes and Peas Orange 1% Low Fat Milk	28 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup	29 Apple Pie Oatmeal Banana Nut Muffin (pre-prepared) Western Frittata Banana 1% Low Fat Milk Margarine	

**MENU February 2024 (Lunch)**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>February 19th</p>			<p>1</p> <p>Teriyaki Pork Loin Multigrain Bread California Blend Vegetables * Kashmir Brown Rice Orange 1% Low Fat Milk</p>	<p>2</p> <p>Baked Fish with Garlic Sauce - OR - Turkey Burger with Cheese Whole Wheat Hamburger Bun Broccoli and Red Peppers * Tomato Salad with Basil * Fruit Cocktail * 1% Low Fat Milk</p>
<p>5</p> <p>Beef Burger Swiss Cheese Slice Whole Wheat Hamburger Bun Roasted Mushrooms Stewed Tomatoes Orange 1% Low Fat Milk</p>	<p>6</p> <p>Baked Pork Chops Multigrain Bread Oriental Blend Vegetables Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>7</p> <p>Roasted Tomato Soup Springtime Whole Wheat Rotini with Spinach and Chickpeas Whole Wheat Dinner Roll Steamed Broccoli * Apple 1% Low Fat Milk</p>	<p>8</p> <p>Roasted Chicken Legs Whole Wheat Bread Sweet Baked Yams Tomato Braised Winter Squash with Chickpeas and Spinach Applesauce * 1% Low Fat Milk</p>	<p>9</p> <p>Baked Marinated Fish - OR - Vegetarian Soy Burger (pre-prepared) Home Fries with Peppers and Onions Whole Wheat Hamburger Bun Canned Pears * 1% Low Fat Milk</p>
<p>12</p> <p>BBQ Pork Chops Whole Wheat Dinner Roll Baked Red Potato Wedges Prince Edward Blend Vegetables * Applesauce * 1% Low Fat Milk</p>	<p>13</p> <p>Indulgent Mushroom and Lentil Stroganoff Whole Wheat Bread Baked Potato Broccoli with Toasted Garlic * Orange 1% Low Fat Milk</p>	<p>14</p> <p>Banana  1% Low Fat Milk Turkey and Beef Salisbury Steak with Mushroom Gravy Whole Wheat Dinner Roll Steamed Cauliflower * Sweet Baked Yams</p>	<p>15 Party Day</p> <p>Oven Fried Chicken Multigrain Bread Garlic Mashed Potatoes Steamed Green Beans * Fruit Cocktail * 1% Low Fat Milk</p>	<p>16</p> <p>Baked Flounder - OR - California Veggie Burger (pre-prepared, 4oz) Whole Wheat Hamburger Bun Baked Fries (pre-prepared) Sweet and Sour Brussel Sprouts Canned Pears * 1% Low Fat Milk</p>
<p>19 <b>Center Open</b></p> <p>California Veggie Burger Whole Wheat Bun Mixed Green Salad * Zucchini with Onions and Peppers * Orange 1% Low Fat Milk</p>	<p>20</p> <p>Lemon Chicken Half White Half Brown Rice (1 cup) Broccoli with Toasted Garlic * Canned Sliced Peaches * 1% Low Fat Milk</p>	<p>21</p> <p>Minestrone Soup with Cabbage Cheese Shells (pre-prepared) Whole Wheat Dinner Roll Italian Blend Vegetables * Banana 1% Low Fat Milk</p>	<p>22</p> <p>Baked Pork Multigrain Bread California Blend Vegetables * Sweet Baked Yams Canned Apricots * 1% Low Fat Milk</p>	<p>23</p> <p>Baked Salmon - OR - Turkey Burger with Cheese Baked Red Potato Wedges Whole Wheat Hamburger Bun Balsamic Roasted Brussels Sprouts * Canned Pears * 1% Low Fat Milk</p>
<p>26</p> <p>Baked Pork Chops Whole Wheat Dinner Roll O'Brien Potatoes Steamed Cauliflower * Apple 1% Low Fat Milk</p>	<p>27</p> <p>Chicken Legs with Stewed Tomatoes Whole Wheat Bread Prince Edward Blend Vegetables * Sauteed Spinach * Orange 1% Low Fat Milk</p>	<p>28</p> <p>Swedish Meatballs with Turkey Pumpkin Stuffing Sweet Baked Yams Tangy Green Beans * Banana 1% Low Fat Milk Apple Juice</p>	<p>29</p> <p>Vegetable Soup Rasta Pasta Multigrain Bread Steamed Carrots * Fruit Cocktail * 1% Low Fat Milk</p>	

