

|        | <b>AM Snack</b>                          | <b>PM Snack (with Milk)</b>                   | <b>Fruit/Changes</b>           |
|--------|--|---|--------------------------------|
| Jan 29 | Breakfast Bars, Yogurt                   | Triscuits, Tomatoes, Cheese (mozz)            |                                |
| Jan 30 | Warm Oatmeal, Milk, Strawberries         | Chicken Nuggets, Green Beans, Dried Fruit     |                                |
| Jan 31 | Pancakes, Turkey Bacon, Fruit            | COOKING PROJECT + Applesauce, Goldfish        | Chocolate Avocado Pudding      |
| Feb 1  | Banana-Yogurt-Chia Pudding, Strawberries | Sesame Rice Noodles, Cucumbers                |                                |
| Feb 2  | Blueberry Breakfast Cookies              | Pizza Quesadillas                             |                                |
|        | <b>AM Snack</b>                          | <b>PM Snack (with Milk)</b>                   | <b>Fruit/Changes</b>           |
| Feb 5  | Cereal, Applesauce, Milk                 | Cheese, Crackers, Carrots, Fruit              |                                |
| Feb 6  | Homemade Mini Muffins, Fruit             | Butternut Squash Ricotta Pasta                |                                |
| Feb 7  | Chia Yogurt, Fruit                       | COOKING PROJECT + Applesauce, Goldfish        | Sweet Plantain Waffles, Bluebs |
| Feb 8  | Homemade Biscuits, Fruit Jam             | Cheese Quesadillas, Broccoli (on side), Fruit |                                |
| Feb 9  | Cinnamon Raisin Toast, Butter, Fruit     | Whole Wheat Pasta, Butter, Parmesan Peas      |                                |
|        | <b>AM Snack</b>                          | <b>PM Snack (with Milk)</b>                   | <b>Fruit/Changes</b>           |
| Feb 12 | Granola, Yogurt, Berries or Raisins      | Tomatoes, Cucumbers, Mozzarella Sticks        |                                |
| Feb 13 | Sunbutter-Banana Sandwich                | Avocado Chocolate Pudding, Strawberries       |                                |
| Feb 14 | Homemade Oat Bars, Fruit                 | Valentine's Day Party! + Project              | Heart Gummies & Heart Veg      |
| Feb 15 | Overnight Oats, Fruit                    | Couscous/Quinoa, Broccoli, Fruit              |                                |
| Feb 16 | Waffles, Sausage, Fruit                  | Slow Cooker Salsa Chicken, Cheese, Rice Bowls |                                |
|        | <b>AM Snack</b>                          | <b>PM Snack (with Milk)</b>                   | <b>Fruit/Changes</b>           |
| Feb 19 | Breakfast Fruit Bars, Yogurt             | Bell Peppers, Fruit, Crackers                 |                                |
| Feb 20 | Cereal, Applesauce, Milk                 | Veggies, Plantain Chips, Dip                  |                                |
| Feb 21 | Cottage Cheese, Bananas                  | COOKING PROJECT + Applesauce, Goldfish        | Puff Pastry Pop Tarts          |
| Feb 22 | Warm Oatmeal, Milk, Berries              | Tuna & Veggie Cakes, Fruit                    |                                |
| Feb 23 | Pancakes, Turkey Bacon, Fruit            | Mac & Cheese, Broccoli // Birthday Party      |                                |
|        | <b>AM Snack</b>                          | <b>PM Snack (with Milk)</b>                   | <b>Fruit/Changes</b>           |
| Feb 26 | Granola, Yogurt, Berries or Raisins      | Cheese, Cucumbers, Seaweed-Rice Chips         |                                |
| Feb 27 | Mini Bagel, Sunbutter & Jam, Blueberries | Fruit, Frozen Peas, Triscuits                 |                                |
| Feb 28 | Homemade Oat Bars, Fruit                 | COOKING PROJECT + Applesauce, Goldfish        | Vegan, Nut-Free Granola Balls  |
| Mar 1  | Overnight Oats, Fruit                    | Couscous/Quinoa, Broccoli, Strawberries       |                                |
| Mar 2  | Waffles, Sausage, Fruit                  | Sunbutter-Banana Bars (vegan)                 |                                |