

February		AM Snack	PM Snack (with Milk)	Fruit/Changes
	Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb 1	Friday	Applesauce, Toast	Whole Wheat Pasta, Butter, Parmesan Peas	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb 4	Monday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	
Feb 5	Tuesday	Cottage Cheese, Berries	Rice crackers, Mozzarella sticks, tomatoes and Fruit	
Feb 6	Wednesday	Cinnamon Raisin Toast, Fruit	Raw Veggies and Hummus	
Feb 7	Thursday	Cereal and Milk, Fruit	COOKING PROJECT + Fruit	
Feb 8	Friday	Banana, Sunbutter & Oats	Potatoes w/Olive Oil, Salt & Pepper	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb 11	Monday	Yogurt, Berries & Milk	Cous Cous & Broccoli	
Feb 12	Tuesday	Turkey Bacon, Fruit	Seaweed-Rice Crackers, Cheddar, Fruit	
Feb 13	Wednesday	Breakfast Bars, Fruit	Fish Sticks, Applesauce, Cucumbers	
Feb 14	Thursday	Wheat Bagels, Sunbutter & Fruit	COOKING PROJECT + Fruit	
Feb 15	Friday	Granola, Yogurt, Berries or Raisins	Mac & Cheese, Peas	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb 18	Monday	Breakfast Bars, Yogurt	Triscuits, Mozzarella Sticks, Fruit	
Feb 19	Tuesday	Toast w/ Jam, Berries	Whole Wheat Pasta, Butter, Parmesan Peas	
Feb 20	Wednesday	Cereal and Milk, Raisins	English Muffin Cheese Pizza	
Feb 20	Thursday	Pancakes, Fruit	COOKING PROJECT + Fruit	
Feb 22	Friday	Spinach, Mango, Banana, Coconut Milk Smoothie	Veggie Sticks, Hummus, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb 25	Monday	Oatmeal, Berries	Homemade Sesame Noodles & Cucumbers	
Feb 26	Tuesday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	
Feb 27	Wednesday	Cottage Cheese, Berries	Raw Veggies and Hummus	
Feb 28	Thursday	Cinnamon Raisin Toast, Fruit	COOKING PROJECT + Fruit	