

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	Monday	Mini Waffles, Fruit	Veggie Sticks & Fruit	
Feb. 2	Tuesday	Breakfast Bars & Fruit	COOKING PROJECT + Fruit	
Feb. 3	Wednesday	Oatmeal & Fruit	Cheddar Cheese Rice Cakes & Broccoli	
Feb. 4	Thursday	Cereal & Milk	Graham crackers & Dried Fruit	
Feb. 5	Friday	Rice Cakes & Apple Butter	Chicken Nuggets & cooked carrots	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb. 8	Monday	French Toast & Fruit	Mac & Cheese & Peas	
Feb. 9	Tuesday	Applesauce, Toast	COOKING PROJECT + Fruit	
Feb. 10	Wednesday	English Muffins w/ Jelly	Pasta w/ Butter, Parmesan & raw peppers	
Feb. 11	Thursday	Sliced Apples & Graham Crackers	Triscuits + Cucumbers	
Feb. 12	Friday	Granola w/ Fruit	Grilled Cheese Sandwiches & Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb. 15	Monday	Sausage & Fruit	Tortilla Chips & Salsa	
Feb. 16	Tuesday	Breakfast Bars & Fruit	COOKING PROJECT + Fruit	
Feb. 17	Wednesday	Minni Pancakes & Fruit	Cheese Quesadillas, Applesauce	
Feb. 18	Thursday	Cereal and Milk	Motzarella sticks & grape tomatoes	
Feb. 19	Friday	Cinnamon Raisin Toast, Fruit	Cooked carrots & Fruit	Fruit/Changes
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Feb. 22	Monday	Yogurt & Fruit	Chicken Nuggets & Green Beans	
Feb. 23	Tuesday	Applesauce, Toast	COOKING PROJECT + Fruit	
Feb. 24	Wednesday	Rice Cakes & Apple Butter	Rice crackers & Fruit	
Feb. 25	Thursday	Minni Waffles & Fruit	Graham crackers & Dried Fruit	
Feb. 26	Friday	Cereal & Milk	Cheddar Cheese & Fruit	