		OCHRA Vali Bueri Head	Start Menus 2021-2022		
Week 1 of 5 Meal Pattern	Monday 1/31	Tuesday 2/1	Wednesday 2/2	Thursday 2/3	Friday 2/4
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Orange Wedges (C)	1% Milk Applesauce (C) with Cinnamon	1% Milk Banana	1% Milk Strawberrys	1% Milk Cooked Apple Slices (C)
Grain/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WV Biscuit
Other/Notes	Jelly	The state of the s	Tronogg Turo Turopico Coroa.	The state of the s	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c Meat/Alternate 1 1/2 oz	1% Milk Ground Beef Chili with Beans	1% Milk Natural Choice Turkey & Cheese	1% Milk Uncle Charlie's Porkloin Chop	1% Milk Pinto Beans(I)	1% Milk *American Cheese
		•	•		
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Lima Beans	Turnip Greens (A,C)	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Pineapple Tidbits (C)	Cooked Carrots	Corn	Pineapple Tidbits (C)
(Vegies can replace fruits) Grain/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Cornbread Muffin	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo			Zesta WW Crackers
	*Serve as @ Chili	*Serve as Hoagie			*Served as Hot Sandwich
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack	Snack	Snack 1%Milk
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)	74- 1404/ 01	Tomato Juice	
Grain/Alternate Meat/Alternate 1/2 oz	WW Animal Crackers	1/2 Pillsbury WW Bagel Cream Cheese	Zesta WW Crackers American Cheese Slices	MaxStix (Cheese & Bread)	WW Graham Crackers
Other/Notes Week 2 of 5	Water	Water	Water		
Meal Pattern	Monday 2/7	Tuesday 2/8	Wednesday 2/9	Thursday 2/10	Friday 2/11
Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Strawberries Slices (C)	Tomato wedges (A,C)	Orange Wedges (C)
Grain/Alternate	WW Cream of Wheat	General Mills Multi-Grain Cheerios Cereal	Oatmeal	WW Biscuits	WW Healthy Life Toast
Other/Notes				Gravy	American Cheese *Serve as Cheese Toast
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c Meat/Alternate 1 1/2 oz	1% Milk	1% Milk	1% Milk WG Tony's Smart Pizza Pepporoni	1% Milk	1% Milk Chef Boyardee Beef Ravioli CN
	@White Beans with Ham Chunks	Natural Choice Turkey & Cheese	and cheese CN label	@ Orange Chicken	Label
Vegetable 1/4 c (2oz)	@Cole Slaw	Romaine Lettuce/Spinach mix,	Corn	Mixed Green Peas & Carrots	Green Beans
		Tomato Wedges (A,C)	Tomato Wedges (A,C) in Tossed		(Tomato sauce A & C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Tomato Wedges (A,C)	Diced Peaches (Fruit cup)	salad : Shredded carrots & mixed greens	Pineapple Tidbits (c)	Diced Pears
Grain/Alternate	Cornbread Muffin	Ultra WW Bun	(Pizza Crust)	WG Rice	Pasta in Ravioli
Other/Notes		*Serve as Hoagie	Ranch	*Serve as Orange Chicken	
Snack (2 of 4 components)	Snack	Ketchup, Mustard, Mayo Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk	1% Milk	1% Milk		Onduk
Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Apple Crisp Packet.	WW Goldfish Graham crackers	Smart Choice WW Blueberry Muffin	Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	WW Animal Crackers
Meat/Alternate 1/2 oz			,	Cream Cheese	Yogurt
Other/Notes				Water	water
Week 3 of 5 Meal Pattern	Monday 2/14	Tuesday 2/15	Wednesday 2/16	Thursday 2/17	Friday 2/18
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Tomato wedges (A,C)	1% Milk Diced Strawberries	1% Milk 1/2 Banana	1% Milk Orange Wedges (C)	1% Milk Diced Peaches (C)
Grain/Alternate	WW Biscuits	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk
			1 O-b O Fun 0		
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burritto	Pinto Beans(I)	High Liner WG Breaded Fish Fillet (I
	Hormel Turkey	@Ground Beef Meat Sauce	Cheese Burritto	Pinto Beans(I)	,
Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz)	Hormel Turkey Mashed Potatoes	@Ground Beef Meat Sauce Green Beans		Pinto Beans(I) Turnip Greens (A,C)	High Liner WG Breaded Fish Fillet (I
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz)			Cheese Burritto	11	,
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread	Green Beans Diced Pears WW Spaghetti Noodles	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Turnip Greens (A,C)	Raw Broccoli (A,C)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese	Cheese Burritto Baked Hashbrown Orange Wedges (C)	Turnip Greens (A,C) Corn	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roli
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components)	Mashed Potatoes Green Peas Healthy Life WW Bread	Green Beans Diced Pears WW Spaghetti Noodles	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	Turnip Greens (A,C) Corn	Raw Broccoli (A,C) Tropical Fruit Cocktail
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa	Turnip Greens (A,C) Corn Cornbread Muffin	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milik General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C)	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Milk 3/4 c Meat/Alternate 1 1/2 oz	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C)	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Milk 3/4 c Meat/Alternate 1 1/2 oz	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents'	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Meat/Alternate Meat/Astern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Milk 3/4 c Meat/Alternate Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1%Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents'	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents'	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C)	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day Closed in Observence of	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate 1/2 oz Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C)	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day Closed in Observence of President's'Day. Monday 2/28	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 3/1	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 11% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Crain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit'Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Breakfast	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Closed in Observence of President's'Day. Monday 2/28 Breakfast	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Meat/	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Closed in Observence of President's'Day. Monday 2/28 Breakfast Breakfast Monday 2/28 Breakfast Diced Peaches (C)	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast Tuesday 3/1 Breakfast	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 11% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pilisbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C)	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Fruit/Vegetable/Juice 1/2 c Grain/Alternate Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day Closed in Observence of President's'Day. Monday 2/28 Breakfast 1% Milk	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 3/1 Breakfast 1% Milk	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate FruitVegetable/Juice 1/2 c Grain/Alternate Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Closed in Observence of President's'Day. Monday 2/28 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers
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Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Other/Notes Week 5of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day Closed in Observence of President's'Day. Monday 2/28 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravloli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch (Culture Food) 1% Milk	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 3/4 Breakfast 1% Milk Diced Peaches (C) WW Pilisbury Mini Pancakes Syrup Lunch 1% Milk
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Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Other/Notes Veek 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Closed in Observence of President's'Day. Monday 2/28 Breakfast Monday 2/28 Breakfast Monday 2/28 Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I)	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch (Culture Food) 1% Milk Hamburger Steak	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 3/4 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Other/Notes Week 5of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Grain/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day Closed in Observence of President's'Day. Monday 2/28 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch (Culture Food) 1% Milk Hamburger Steak Champ IRISH Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Pineaple Tidbits (A, C,) WW Rice	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 3/4 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Grain/Alternate Meat/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Closed in Observence of President's'Day. Monday 2/28 Breakfast Monday 2/28 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch (Culture Food) 1% Milk Hamburger Steak Champ IRISH Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pilisbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Silices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 3/4 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Snack (2 of 4 components) Vegetable 1/4 c (2oz) Snack (2 of 4 components)	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Presidents' Day Closed in Observence of President's'Day. Monday 2/28 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Sandwich Snack	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg-halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch (Culture Food) 1% Milk Hamburger Steak Champ IRISH Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo Snack	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 3/4 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll
Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Grain/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate 1/2 oz Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Grain/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Other/Notes Veek 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Grain/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy "Serve as Open Face Sandwich Snack Applesauce WW Grahams Water Monday 2/21 Breakfast Closed in Observence of President's'Day. Monday 2/28 Breakfast Monday 2/28 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack Tomato Juice Monzerella String Cheese Stick Tuesday 2/22 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Chef Boyardee Beef Ravioli CN (Tomato sauce A & C) Green Beans Diced Pears Pasta in Ravioli Snack Zesta WW Crackers Boiled Egg- halved water Tuesday 3/1 Breakfast 1% Milk Diced Strawberries Oatmeal Lunch (Culture Food) 1% Milk Hamburger Steak Champ IRISH Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios Wednesday 2/23 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 3/2 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	Turnip Greens (A,C) Corn Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese Water Thursday 2/24 Breakfast 1% Milk Strawberries Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack WW Animal Crackers Yogurt water Thursday 3/3 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch (Culture Food) 1% Milk Cooked Diced Chicken Corn Diced Tomatoes (A, C); Cooked Bell Pineaple Tidbits (A, C,) WW Rice Serve as Chicken Gumbo Snack 1%Milk	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roli Ranch Snack Applesauce WW Graham crackers Water Friday 2/25 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza CN Label Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Graham crackers Friday 3/4 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce
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