

February 2023

Mon	Tues	Wed	Thu	Fri
		1.	2.	3.
<p>6. Veggie Hash w/ Ketchup</p> <p>Beef Sliders, Roasted Veggies, & Fresh Fruit</p> <p>Fresh Fruit w/ Chex Mix</p> <p>V: Veggie Sliders</p>	<p>7. Yogurt w/ Fresh Fruit</p> <p>Ginger Chicken w/ Stir Fried Veggies and Brown Rice, Sesame Cucumber Salad, & Fresh Fruit</p> <p>Veggie Crudité and Crackers w/ Hummus Dip</p> <p>V: Ginger Tofu</p>	<p>8. Vegan Apple and Oatmeal Muffins</p> <p>Mejadra, Roasted Cauliflower, & Fresh Fruit</p> <p>Fresh Fruit w/ Animal Crackers and Vanilla Chia Pudding</p> <p>V: Entree is Vegetarian</p>	<p>9. Cereal w/Bananas and Milk</p> <p>Turkey and Black Bean Chili, Veggie Cornbread & Fresh Fruit</p> <p>Cheese Plates w/ Crackers</p> <p>V: Black Bean Chili</p>	<p>10. Boiled Eggs w/ Avocado and Tomato Toast</p> <p>Pasta Primavera, Garden Salad, & Fresh Fruit</p> <p>Orange Slices w/ Graham Crackers and Yogurt Dip</p> <p>V: Entree is Vegetarian</p>
<p>13. Bagels w/ Spiced Cream Cheese Dip</p> <p>Butter Chicken w/ Basmati Rice, Steamed Broccoli, & Fresh Fruit</p> <p>Carrot Cake Smoothies w/ Pretzels</p> <p>V: Butter Tofu</p>	<p>14. Strawberry Smoothies w/ Granola</p> <p>Valentine's Parties</p> <p>Bananas and Grahams w/ Chocolate Tofu Dip</p>	<p>15. Date Bread</p> <p>Southwest Chicken Barley Chili, w/ Avocado, & Fresh Fruit</p> <p>Cinnamon Pita Chips w/ Fresh Fruit Dip</p> <p>V: Veggie Barley Chili</p>	<p>16. Scrambled Eggs</p> <p>Tomato Basil Soup w/ Grilled Cheese Bites, & Fresh Fruit</p> <p>Acai SuperGreen Smoothies w/ Chex Mix</p> <p>V: Entree is Vegetarian</p>	<p>17. Blueberry Baked Oatmeal</p> <p>Veggie Mac, Peas and Carrots, & Fresh Fruit</p> <p>Cucumber Coins w/ Hummus and Crackers</p> <p>V: Entrée is Vegetarian</p>
<p>20. English Muffins w/ Sunbutter and Jelly</p> <p>Pasta w/ Meatballs, Cesar Salad, & Fresh Fruit</p> <p>Spinach Basil Pesto Dip w/ Carrot Sticks and Whole Wheat Crackers</p> <p>V: Pasta w/ Veggie Sauce</p>	<p>21. Spiced Peaches w/ Cinnamon Toast</p> <p>Chicken Tortilla Soup, Tortilla Chips w/ Guacamole, & Fresh Fruit</p> <p>Green Smoothies w/ Veggie Chips</p> <p>V: Veggie Tortilla Soup</p>	<p>22. Hashbrowns w/Ketchup</p> <p>Hot Ham and Swiss Hoagies, Roasted Broccoli & Fresh Fruit</p> <p>Apple Slices w/ Cheese Cubes</p> <p>V: Veggie Swiss Hoagies</p>	<p>23. Breakfast Bread</p> <p>Beef Cabbage and Potato Casserole, Garlic Bread Sticks, & Fresh Fruit</p> <p>Veggie Cream Cheese Dip w/ Fresh Veggies and Crackers</p> <p>V: Veggie Cabbage and Potato Casserole</p>	<p>24. Veggie Scramble</p> <p>Garbanzo and Veggie Orzo, Rainbow Salad, & Fresh Fruit</p> <p>Goldfish w/ Fresh Fruit</p> <p>V: Entree is Vegetarian</p>
<p>27. Migas</p> <p>Creamy Tomato Basil Pasta, Mixed Veggies & Fresh Fruit</p> <p>Turkey and Cheese Slices w/ Crackers</p> <p>V: Entree is Vegetarian</p>	<p>28. French Toast Bake</p> <p>Arroz Con Pollo, Southwest Salad w/ Avocado Ranch, & Fresh Fruit</p> <p>Chef's Choice Smoothies w/ Grahams</p> <p>V: Pinto Beans w/ Spanish Rice</p>			

