

## winter menu

} december  
january  
february

**Protein** >2oz total  
**Grain** >2oz  
**Fruit & Veg** 1/2 cup total  
**Milk** 4oz cup

monday	tuesday	wednesday	thursday	friday
<p>February 20</p> <p>Pasta w/ Tomato Cream Sauce</p> <p>Local Peas Orange Slices Whole Grain Bread</p>	<p>February 21</p> <p>Oven "Fried" Chicken Veggie "Chicken"</p> <p>Mashed Sweet Potatoes</p> <p>Banana Halves Whole Grain Bread</p>	<p>February 22</p> <p>Cheesy Quesadillas Cauliflower &amp; Carrots Low fat sour cream</p> <p>Fruit Salad</p>	<p>February 23</p> <p>Sunbutter &amp; Jelly</p> <p>Local Green Beans Apple Slices</p>	<p>February 24</p> <p>Chicken Terriyaki Tofu Teriyaki</p> <p>Steamed Broccoli Fresh Pineapple Whole Grain Bread</p>
<p>February 27</p> <p>Tortellini w/ Marinara Sauce</p> <p>Local Green Beans Orange Slices Whole Grain Bread</p>	<p>February 28</p> <p>Chili Mac Sweet Potato Fries Pineapple</p> <p>Whole Grain Bread</p>	<p>February 1, 29</p> <p>Chicken Parmesan Veg "chicken" Parmesan</p> <p>Fresh Broccoli Banana Halves Whole Grain Bread</p>	<p>February 2</p> <p>Fish Tenders Steamed Carrots</p> <p>Fresh Honeydew Whole Grain Bun</p>	<p>February 3</p> <p>Cheesy Pizza</p> <p>Roasted Cauliflower Fruit Salad Whole Grain Bread</p>
<p>February 6</p> <p>Chicken Nuggets Baked ziti</p> <p>Broccoli Orange Slices Whole Grain Bread</p>	<p>February 7</p> <p>Pasta Marinara</p> <p>Asian Veggies Pineapple</p> <p>Whole Grain Bread</p>	<p>February 8</p> <p>Creamy Mac &amp; Cheese</p> <p>Local Peas Fruit Salad Whole Grain Bread</p>	<p>February 9</p> <p>Roast Turkey w/Gravy Veggie Meatloaf</p> <p>Mashed Potatoes Local Green Beans Banana Halves</p>	<p>February 10</p> <p>Tall Grass Beef Burgers Veggie Burgers</p> <p>Seasonal Veggies Pearsauce</p>
<p>February 13</p> <p>Rotini w/ Tomato Basil Sauce</p> <p>Broccoli Orange Slices Whole Grain Bread</p>	<p>February 14</p> <p>Cheesy Pizza</p> <p>Steamed Carrots Fresh Honeydew</p>	<p>February 15</p> <p>Meatballs Marinara Vegetarian "Meatballs"</p> <p>Cauliflower Banana Halves Penne Pasta</p>	<p>February 16</p> <p>Grilled Cheese</p> <p>Fresh Fruit Salad Local Green Beans</p>	<p>February 17</p> <p>Fish Tenders Potato Latke w/Yogurt</p> <p>Local Peas Apple Cobbler Whole Grain Bread</p>

\*nut free kitchen! (but we are a little crazy!)

