

February

PRE-KINDER

Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Corn Dog with Chips Seasoned Vegetables Fresh Carrots Fruit Cup	4 Corn Chip Pie Pinto Beans Spanish Rice Lettuce & Tomato Fruit Salad	5 Pizza Cucumber Nachos Seasoned Vegetables Mixed Fruit	6 Chicken Nuggets Hot Roll Creamy Mashed Potatoes Steamed Broccoli Banana Sundaes	7 Chicken Sandwich Basket Pickle Salad Choice of Fresh Fruit
10 Chicken and Waffles Roasted Corn Fresh Cucumber and Tomato Salad Berries & Cream	11 Soft Tacos Spanish Rice Refried Beans Shredded Lettuce and Tomato Fruit Cup	12 Pizza Italian Salad Seasoned Vegetables Fruit Cup	13 Baked Chicken Hot Roll Creamy Mashed Potatoes Seasoned Green Beans Peach Crisp	14 Grab N' Go Sack Lunch 
17 <i>Enjoy Your Day Off!</i>	18 Nachos Spanish Rice Pinto Beans Shredded Lettuce with Tomatoes Mixed Fruit	19 Spaghetti with Meat Sauce and Garlic Stick Seasoned Green Beans Garden Green Salad Fruit Cup	20 Popcorn Chicken Bucket with Fries Seasoned Vegetables Hot Roll Color-filled Apple Sauce	21 Chicken Sandwich Basket Pickle Salad Choice of Fresh Fruit
24 Chili Cheese Tots with Hot Roll Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup	25 Quesadilla Refried Beans Spanish Rice Steamed Vegetables Pineapple Fluff	26 Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit	27 Steak Fingers Hot Roll Creamy Mashed Potatoes Roasted Vegetables Peach Crisp	28 Cheese Burger Basket Pickle Salad Choice of Fresh Fruit

Chocolate Sweetheart Parfait

Ingredients:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.

Serve or refrigerate until ready to serve. ENJOY!

*<http://kidshealth.org>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes w/ Fruit Topping and Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissants	Honey Bun or Muffin & Yogurt	Pancake Wrap or Chicken Biscuit	Breakfast Pizza or Pig in a Blanket