


February Menu

pre-kinder

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
January 31 Soup and Sandwich Baked Chips Lettuce & Pickles Carrot Dippers Fruit Salad	1 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Banana Sundaes	2 Spaghetti with Meat Sauce and Garlic Toast Seasoned Vegetable Side Salad Fruit Cup	3 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Pineapple Fluff	4 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit
7 Chicken & Waffles Carrot Dippers Steamed Vegetables Fruit Cup	8 Tornados Side Salad Pinto Beans Spanish Rice Berries & Cream	9 Pizza Seasoned Vegetables Side Salad Fruit Cup	10 Drumstick Hot Roll Mashed Potatoes Steamed Broccoli Fruit Crisp	11 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Fruit
14 Stuffed Baked Potato with Hot Roll or Uncrustables & Cheese Stick Baked Beans Carrot Dippers Fruit Salad	15 Nachos Lettuce & Tomato Refried Beans Spanish Rice Banana Sundaes	16 Pizza Steamed Broccoli Tossed Salad Fruit Cup	17 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	18  Grab N' Go Sack Lunch
21 <i>Enjoy Your Day Off!</i>	22 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Fruit Cup	23 Spaghetti with Meat Sauce and Garlic Toast Seasoned Green Beans Side Salad Fruit Cup	24 Chicken Bucket Hot Roll Seasoned Vegetables Pineapple Fluff	25 Chicken Sandwich Basket with Fries Lettuce & Pickles 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 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>

Breakfast



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
Week 1 & 3	Yogurt & Muffin	Eggs w/ Bacon & Toast	Cini Minis	Breakfast Taco	Pig in a Blanket
Week 2 & 4	Pancake Wrap	Eggs w/ Sausage & Toast	Biscuits and Sausage	Eggo Waffles	B.O.B. Breakfast on Bun

This institution is an equal opportunity provider.