

# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <th colspan="7">Jan 2019</th> </tr> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> </tr> </table> <table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <th colspan="7">Mar 2019</th> </tr> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> </table>				Jan 2019							M	T	W	T	F	S	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				Mar 2019							M	T	W	T	F	S	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p style="font-size: 2em; color: #800000;"><b>1</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Roasted chicken strips w/ BBQ dipping sauce, mashed potatoes, green beans, &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>
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<p style="font-size: 2em; color: #800000;"><b>4</b></p> <p>AM: Toasted english muffin &amp; milk</p> <p>L: Turkey hot dog, tater tots, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; pretzles</p>	<p style="font-size: 2em; color: #800000;"><b>5</b></p> <p>AM: Cereal bar &amp; fresh fruit</p> <p>L: Vegetarian bean and cheese burrito, fresh fruit &amp; milk</p> <p>PM: Fresh fruit &amp; organic animal crackers</p>	<p style="font-size: 2em; color: #800000;"><b>6</b></p> <p>AM: Lowfat yogurt &amp; fresh fruit</p> <p>L: Wow butter and jelly on whole wheat, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Sliced cheese &amp; crackers</p>	<p style="font-size: 2em; color: #800000;"><b>7</b></p> <p>AM: Graham crackers &amp; milk</p> <p>L: Pasta w/ butter and parmesan, green beans, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p style="font-size: 2em; color: #800000;"><b>8</b></p> <p>AM: Fresh fruit &amp; organic animal crackers</p> <p>L: Turkey sliders on a bun, mixed veggies, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>																																																																																																		
<p style="font-size: 2em; color: #800000;"><b>11</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Cheese pizza, green beans, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p style="font-size: 2em; color: #800000;"><b>12</b></p> <p>AM: Toasted bagel&amp; fresh fruit</p> <p>L: Roasted chicken strips w/ BBQ dipping sauce, mashed potatos, peas &amp; milk</p> <p>PM: String cheese &amp; Ritz crackers</p>	<p style="font-size: 2em; color: #800000;"><b>13</b></p> <p style="text-align: center;">**COOK'S CHOICE**</p>	<p style="font-size: 2em; color: #800000;"><b>14</b></p> <p>AM: Pink lowfat yogurt &amp; red apple slices</p> <p style="text-align: center;"><b>Happy Valentine's Day</b></p> <p>L: Pasta w/ marinara sauce, mixed veggies &amp; milk</p> <p>PM: Fresh fruit &amp; graham crackers with cream cheese and heart sprinkles</p>	<p style="font-size: 2em; color: #800000;"><b>15</b></p> <p>AM: Cereal bar &amp; milk</p> <p>L: Grilled cheese on whole wheat, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Fresh fruits &amp; Club crackers</p>																																																																																																		
<p style="font-size: 2em; color: #800000;"><b>18</b></p> <p>AM: Whole wheat toast &amp; milk</p> <p>L: Cheesy scrambled eggs, tator tots, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p style="font-size: 2em; color: #800000;"><b>19</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: Cheese quesadilla, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Fresh fruit &amp; organic animal crackers</p>	<p style="font-size: 2em; color: #800000;"><b>20</b></p> <p>AM: French toast sticks &amp; fresh fruit</p> <p>L: Turkey Sloppy Joes, fresh fruit, green beans &amp; milk</p> <p>PM: String sticks &amp; Club crackers</p>	<p style="font-size: 2em; color: #800000;"><b>21</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: Turkey and cheese sandwiches on whole wheat bread, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Pretzles &amp; raisins</p>	<p style="font-size: 2em; color: #800000;"><b>22</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: Sliced cheese &amp; crackers</p>																																																																																																		
<p style="font-size: 2em; color: #800000;"><b>25</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: Fish sticks, rice pilaf, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<p style="font-size: 2em; color: #800000;"><b>26</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Vegetarian bean and cheese burrito, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p style="font-size: 2em; color: #800000;"><b>27</b></p> <p>AM: Fresh fruit &amp; organic animal crackers</p> <p>L: Turkey hot dog, tater tots, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; Ritz crackers</p>	<p style="font-size: 2em; color: #800000;"><b>28</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Chicken noddle soup, cheese crackers, fresh fruit &amp; milk</p> <p>PM: Fresh fruit &amp; graham crackers</p>																																																																																																			

NOTE: All milk is 1% BREAKFAST is always cereal, fresh fruit and milk and is over at 7:30