

FEBRUARY 2016

MONTHLY MENU

All items are subject to change depending on availability of materials, freshness and classroom preference.

Mon 1 Oatmeal, f/m Black bean soup, Jasmine rice w/ veggies, steamed Broccoli & Cauliflower, f/m Yogurt/crackers	Tues 2 Bagels (W.W.) f/m Lentil soup w/ veggies, Jasmine rice w/ veggies, steamed Broccoli & Cauliflower. F/m Sunflower butter/ milk & crackers	wed 3 Pancakes, f/m Veggie burger on bun w/ cheese, broccoli cheddar soup, roasted peas, f/m Cereal/milk	thurs 4 Oatmeal, f/m Pasta w/ fresh tomato & vegetables sauce (ground up veggie burger added), scrambled eggs & corn. f/m Yogurt/crackers & fruit	fri 5 Oatmeal, f/m Cheese quesadilla, vegetable soup with Lentils, f/m. Goldfish juice	
8 Oatmeal, f/m Whole wheat pizza bagel w/ cheddar, Chick pea soup with vegetables and Parmesan cheese, f/m Sunflower Butter & Celery	9 Pancakes, f/m Refried Pinto Beans, Guacamole, Fresh Tomato salsa, Corn Chips, f/m Cereal/milk	10 Oatmeal, f/m Black beans & veggies, jasmine rice & veggies, steamed broccoli & cauliflower f/m fruit/ crackers	11 Bagels, f/m Boiled eggs, baked pasta with vegetables and cheese, Fresh Baby spinach & tomato salad (cottage cheese dressing), f/m Yogurt/ fruit & crackers	12 Oatmeal, f/m Cheese quesadillas, Chick Pea curry with vegetables, f/m Graham crackers, juice	
15 Oatmeal, f/m Cottage cheese dip, raw veggies, Quinoa salad with vegetables, f/m Sun butter/cracker/milk	16 Cereal, f/m Red chili beans, baked jasmine rice w/ vegetables, Roasted corn, f/m Yogurt/crackers	17 Oatmeal, f/m Veggie burger on bun w/cheese. Vegetable soup with Split green peas, f/m Cereal/milk	18 Pancakes, f/m Scrambled Eggs w/ spinach & tomatoes, Baked Zitti w/ Veggies, steamed broccoli & cauliflower, f/m Fruit & sunflower butter	19 Oatmeal, f/m Cheese quesadillas, Vegetable soup w/ yellow split peas, f/m Fruit and crackers	
22 Cereal, f/m Pizza Bagels (WW), Mashed chick pea and sweet potatoes, Steamed green beans, f/m Fresh fruit/ crackers	23 Oatmeal ,f/m Red lentils with potatoes, celery, baked Basmati rice w/ vegetables, peas and corn, f/m sunflower butter, crackers	24 Pancakes, f/m Veggie nuggets, Mac & Cheese (homemade with NY cheddar), steamed carrots, f/m Cereal/ milk	25 Oatmeal ,f/m Boiled eggs, Grilled cheese on Whole Wheat bread, Peas and corn, f/m Yogurt & crackers	26 Bagels, f/m Cheese quesadilla, vegetable soup with pinto beans, f/m Goldfish & juice	
29 Cereal, f/m Quinoa with vegetables, Black bean soup, Steamed Broccoli & cauliflower, f/m Sun Butter and Fruit					