

## 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 <i>Veggie "Chicken" Bites</i></p> <p>Mashed Sweet Potatoes Banana Halves Whole Grain Bread</p>	<p>February 22</p> <p>Cheesy Quesadillas</p> <p>Cauliflower &amp; Carrots Low fat sour cream Fruit Salad</p>	<p>February 23</p> <p>Turkey Pot Pie Veggie Pot Pie</p> <p>Local Green Beans Apple Slices Fresh Baked Biscuit</p>	<p>February 24</p> <p>Chicken Terriyaki <i>Tofu Teriyaki</i></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</p> <p>Roasted Sweet Potato Pineapple Whole Grain Bread</p>	<p>February 1, 29</p> <p>Chicken Parmesan <i>Vegetarian Chicken Parm</i></p> <p>Fresh Broccoli Banana Halves Whole Grain Bread</p>	<p>February 2</p> <p>Turkey Sloppy Joe <i>Veggie Sloppy Joe</i></p> <p>Roasted Carrots Fresh Honeydew Whole Grain Bun</p>	<p>February 3</p> <p>Cheesy Pizza</p> <p>Roasted Broccoli &amp; Cauliflower Fruit Salad</p>
<p>February 6</p> <p>Baked Ziti</p> <p>Broccoli Orange Slices Whole Grain Bread</p>	<p>February 7</p> <p>Asian BBQ <i>Asian BBQ Tofu</i></p> <p>Asian Veggies Pineapple Whole Grain Rolls</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 <i>Veggie Meatloaf</i></p> <p>Mashed Potatoes Local Green Beans Banana Halves</p>	<p>February 10</p> <p>Tall Grass Beef Burgers <i>Veggie Burgers</i></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>Sweet Apple Chicken <i>Sweet Apple Curry Tofu</i></p> <p>Steamed Carrots Fresh Honeydew Naan Bread</p>	<p>February 15</p> <p>Meatballs Marinara <i>Vegetarian "Meatballs"</i></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 <i>Potato Latke w/Yogurt</i></p> <p>Local Peas Apple Cobbler Whole Grain Bread</p>

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

