

# February 2018 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One:</b> 1/29-2/2 <b>B- Breakfast</b> <b>L- Lunch</b> <b>S- Snack</b>	<b>B-</b> French Toast Sticks & Apples <b>L-</b> Cheeseburger, Tater Tots, Grapes <b>S-</b> Saltines & Broccoli w/Ranch	<b>B-</b> Sausage Biscuit & Tropical Fruit <b>L-</b> Chicken Quesadillas, Corn, Banana <b>S-</b> Fritos w/Bean Dip & Oranges	<b>B-</b> Breakfast Burrito & Banana <b>L-</b> Baked Chicken, Roll, Mashed Potatoes w/Gravy, Apples <b>S-</b> Graham Crackers & Peaches	<b>B-</b> Cheerios & Tropical Fruit <b>L-</b> Lil' Smokies & Beans, Steamed Carrots, Mixed Fruit <b>S-</b> Ritz Crackers & Applesauce	<b>B-</b> Bagel w/Cream Cheese & Banana <b>L-</b> Goulash, Corn, Apples <b>S-</b> Rice Cake & Cauliflower w/Ranch
<b>IDC Alternatives</b>	<b>S-</b> Steamed Broccoli	N/A	N/A	N/A	<b>S-</b> Steamed Cauliflower
<b>Week Two:</b> 2/5-2/9 <b>B- Breakfast</b> <b>L- Lunch</b> <b>S- Snack</b>	<b>B-</b> Waffles & Apples <b>L-</b> Chili Frito Pie, Corn, Oranges <b>S-</b> Pretzel Sticks & Tropical Fruit	<b>B-</b> Pancakes & Tropical Fruit <b>L-</b> Bean & Cheese Burrito, Green Beans, Apples <b>S-</b> Wheat Thins & Celery Sticks w/Wow-Butter	<b>B-</b> Raisin Bran & Peaches <b>L-</b> Chicken Strips, French Fries, Grapes <b>S-</b> Cheese Roll-Up & Carrots w/Ranch	<b>B-</b> Biscuit w/Jelly & Mixed Fruit <b>L-</b> Meatloaf, Roll, Mashed Potatoes, Peaches <b>S-</b> Fritos w/Bean Dip, Banana	<b>B-</b> Raisin Bran & Applesauce <b>L-</b> Pepperoni Pizza, Green Beans, Tropical Fruit <b>S-</b> Veggie Straws & Banana
<b>IDC Alternatives</b>	<b>S-</b> Saltines	N/A	<b>S-</b> Steamed Carrots	N/A	<b>L-</b> Corn
<b>Week Three:</b> 2/12-2/16 <b>B- Breakfast</b> <b>L- Lunch</b> <b>S- Snack</b>	<b>B-</b> Yogurt w/Granola & Blueberries <b>L-</b> Corn Dogs, Mixed Veggies, Grapes <b>S-</b> Fig Bars & Apples	<b>B-</b> Toast, Sausage Link & Applesauce <b>L-</b> Enchiladas, Mixed Veggies, Grapes <b>S-</b> Fig Bars & Banana	<b>B-</b> Cheerios & Banana <b>L-</b> Chicken Nuggets, Tater Tots, Blueberries <b>S-</b> Wheat Thins & Broccoli w/Ranch	<b>B-</b> English Muffin w/Jelly & Banana <b>L-</b> Hot Dog, Steamed Carrots, Peaches <b>S-</b> No-Bake Cookie & Mixed Fruit	<b>B-</b> Sausage Biscuit & Tropical Fruit <b>L-</b> Ravioli, Garlic Bread, Green Beans, Banana <b>S-</b> Saltines & Carrots w/Ranch
<b>IDC Alternatives</b>	N/A	N/A	<b>S-</b> Steamed Broccoli	N/A	<b>S-</b> Steamed Carrots
<b>Week Four:</b> 2/19-2/23 <b>B- Breakfast</b> <b>L- Lunch</b> <b>S- Snack</b>	<b>B-</b> Cheese Toast & Grapes <b>L-</b> Sloppy Joes, Steamed Broccoli, Banana <b>S-</b> Sugar Cookie & Mixed Fruit	<b>B-</b> Yogurt w/Granola & Banana <b>L-</b> Chicken Tacos, Steamed Carrots, Apples <b>S-</b> Ritz Crackers & Grapes	<b>B-</b> Oatmeal & Apples <b>L-</b> Chicken Sandwich, Tater Tots, Strawberries <b>S-</b> Fig Bars & Mixed Fruit	<b>B-</b> Pancakes & Peaches <b>L-</b> Smoked Sausage, Roll, Corn, Banana <b>S-</b> Cheez-its & Cauliflower w/Ranch	<b>B-</b> Cinnamon Rolls & Banana <b>L-</b> Spaghetti, Salad, Tropical Fruit <b>S-</b> Sugar Cookie & Applesauce
<b>IDC Alternatives</b>	N/A	N/A	<b>L-</b> Applesauce	<b>S-</b> Steamed Cauliflower	N/A
<b>Week Five:</b> 2/26-3/3 <b>B- Breakfast</b> <b>L- Lunch</b> <b>S- Snack</b>	<b>B-</b> Oatmeal & Banana <b>L-</b> Fish Sticks, Mac & Cheese, Steamed Broccoli, Grapes <b>S-</b> Ritz Crackers & Celery Sticks w/Wow-Butter	<b>B-</b> Chicken Biscuit & Tropical Fruit <b>L-</b> Beef Tacos, Corn, Banana <b>S-</b> Graham Crackers & Peaches	<b>B-</b> Breakfast Pizza & Peaches <b>L-</b> Chicken Alfredo, Green Beans, Mixed Fruit <b>S-</b> Wow Butter Sandwich & Banana	<b>B-</b> Rice Krispies & Tropical Fruit <b>L-</b> Pigs-in-a-Blanket, Steamed Carrots, Apples <b>S-</b> Goldfish & Broccoli w/Ranch	<b>B-</b> Scrambled Eggs, Sausage Link & Peaches <b>L-</b> Baked Ziti, Salad, Grapes <b>S-</b> Wheat Thins & Mixed Fruit
<b>IDC Alternatives</b>	N/A	N/A	N/A	<b>S-</b> Steamed Broccoli	<b>L-</b> Green Beans

**Breakfast-** Milk and Water Served

**Lunch-** Milk Served

**Snack-** Water Served

# FEBRUARY 2018 IDC EXTRA SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
PM: Graham Crackers and Water	PM: Rice Cakes and Water	PM: Veggie Straws and Water	PM: Club Crackers and Water	PM: Raisins and Water
PM: Fruit & Grain Bar and Water	PM: Yogurt and Water	PM: Muffins and Water	PM: Vanilla Wafers and Water	PM: Rice Cakes and Water
PM: Fruit & Grain Bar and Water	PM: Graham Cracker and Water	PM: Saltines and Water	PM: Veggie Straws and Water	PM: Raisins and Water
PM: Yogurt and Water	PM: Vanilla Wafers and Water	PM: Wheat Thins and Water	PM: Fig Bars and Water	PM: Trail Mix and Water
PM: Goldfish and Water	PM: Raisins and Water	PM: Chex and Water	PM: Muffins and Water	PM: Saltine Crackers and Water

**This snack is extra and optional. Please let your child's teacher know if your child will be eating this snack.**