

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Breakfast: 1 Pop tart w/ 6 oz milk cup Lunch: Turkey & Cheese on wheat w/ Yogurt 6 oz water cup	2
3	4 Breakfast: 1 strawberry cereal bar w/6 oz milk Lunch: Spaghetti with buttered wheat roll & 6 oz water	5 Breakfast: 1 cup cheerios with 1 cup milk Lunch: 1 Corndog, 1 cup potato chips & 6 oz water	6 Breakfast: 1 cup oatmeal w/ 6 oz milk Lunch: Grilled cheese with apple slices& 6 oz water	7 Breakfast: 1 cup Cheerios with 1 cup milk Lunch: Chicken Noodle Soup, wheat roll & 6 oz water	8 Breakfast: 1 Pop tart w/ 6 oz milk cup Lunch: Mac & Cheese, ½ cup green beans 6 oz water	9
10	11 Breakfast: 1 strawberry cereal bar w/6 oz milk Lunch: 1Hot dog in bun w/ bag of veggie chips 6 oz water	12 Breakfast: 1 cup oatmeal w/ 6 oz milk Lunch: ½ plain Bagel with cream cheese, ½ cup raisins 6 oz water	13 Breakfast: 1 cup Cheerios with 1 cup of milk Lunch: Sun butter & jelly on wheat crackers, ½ banana 4 oz milk	14 Breakfast: 1 Pop tart w/ 6 oz milk cup Lunch: PIZZA PARTY!	15 Breakfast: 1 cup Cheerios with 1 cup milk Lunch: Spaghetti with buttered wheat roll & 6 oz water	16
17	18 Breakfast: 1 strawberry cereal bar w/6 oz milk Lunch: 1 Corndog, 1 cup potato chips & 6 oz water	19 Breakfast: 1 cup oatmeal w/ 6 oz milk Lunch: Grilled cheese with apple slices& 6 oz water	20 Breakfast: 1 cup Cheerios with 1 cup of milk Lunch: 4 Dino Nuggets with ½ cup corn. 6 oz. Water	21 Breakfast: 1 Pop tart w/ 6 oz milk cup Lunch: Chicken Noodle Soup, wheat roll & 6 oz water	22 Breakfast: 1 cup Cheerios with 1 cup milk Lunch: Sun butter & jelly on wheat crackers, ½ banana 4 oz milk	23
24	25 Breakfast: 1 strawberry cereal bar w/6 oz milk Lunch: Mac & Cheese, ½ cup green beans 6 oz water	26 Breakfast: 1 cup oatmeal w/ 6 oz milk Lunch: Ham & Cheese on wheat bread with yogurt 6 oz water	27 Breakfast: 1 cup Cheerios with 1 cup milk Lunch: 1Hot dog in bun w/ bag of veggie chips 6 oz water	28 Breakfast: 1 Pop tart w/ 6 oz milk cup Lunch: Spaghetti with buttered wheat roll & 6 oz water		

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