



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**  
**02/01**

Oatmeal with peanut butter and banana with a glass of skim milk

Herb baked chicken with sweet potato wedges, roasted asparagus, and a side of creamy vanilla yogurt topped with sliced peaches

Grilled pork chops with roasted Italian vegetables, cup of quinoa sweet potato chili, orange wedges, and a glass of skim milk

**SATURDAY**  
**02/02**

Spinach and cheese omelet, grits, baked apples, whole grain toast with peanut butter

Black bean burger with slice of cheddar cheese on whole wheat bun with broccoli florets and fresh cut melon

**SUNDAY**  
**02/03**

Freshly scrambled eggs on two slices of wheat toast with slice of cheese, small spinach salad with assorted fresh vegetables and a splash of olive oil and vinegar, side of mango slices

Meatloaf with green beans and herb roasted mushrooms, wheat toast, apple sauce, and a glass of skim milk



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**MONDAY**  
**02/04**

2 slices of whole wheat toast with peanut butter and 1 banana with a side of skim milk

Indian lentil stew with prince edwards vegetable blend, side salad with quinoa, creamy strawberry yogurt with fresh cut melon

Baked chicken, portobello mushroom with spinach, whole grain toast, orange wedges, glass of skim milk

**TUESDAY**  
**02/05**

2 hard boiled eggs, oatmeal with drizzle of honey and raisins, glass of skim milk

Turkey burger on whole grain bun with slice of cheese, collard greens, black eyed peas, sliced pears

Roasted veggies and tofu with pesto, side of quinoa from salad bar, green peas, creamy vanilla yogurt topped with sliced peaches

**WEDNESDAY**  
**02/06**

Freshly scrambled eggs, grits, half a grapefruit, skim milk

Buffalo shrimp, Carolina stuffed sweet potato, garlic broccoli, creamy vanilla yogurt topped with fresh strawberries

Turkey sandwich on whole grain bread with slice of cheese and assorted veggie toppings, small spinach salad with assorted veggie toppings and a splash of olive oil and vinegar,

**THURSDAY**  
**02/07**

Omelet with cheese, spinach, and turkey ham, slice of whole grain toast, fresh strawberries

Thai barley stir fry, green beans, creamy vanilla yogurt with fresh cut melon

Chargrilled portobello Burger on whole grain bun , quinoa sweet potato chili, orange wedges, glass of skim milk

**FRIDAY**  
**02/08**

Two made-to-order eggs, oatmeal with one cut-up banana, and yogurt.

Orange steamed fish, green peas, Roasted Red Skin Potatoes, Creamy Vanilla yogurt with some fresh cut cantaloupe and honeydew.

One bowl of Thai barley stir fry, a glass of skim milk, a bowl of sliced peaches.

**SATURDAY**  
**02/09**

Two made-to-order eggs, oatmeal with one cut-up banana, and yogurt.

Mushroom & Cheese Frittata, a bowl of Tropical Fruit Salad with some Granola on top and a drizzle of honey

Tuna Salad sandwich on whole wheat, green beans, one fresh red apple, and cottage cheese.

**SUNDAY**  
**02/10**

Two made-to-order eggs, oatmeal with one cut-up banana, and yogurt.

One spinach and cheese Omelet, one fresh red apple, whole grain toast.

Turkey Burger on whole wheat bun with lettuce, sauteed onions, and mushrooms, a bowl of golden broccoli cheese soup, one bowl of sliced peaches.



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**MONDAY**  
**02/11**

Freshly scrambled egg, Quaker oatmeal, a glass of skim milk, a bowl of orange wedges

Chicken teriyaki bowl, one bowl of fresh cut honeydew with strawberry yogurt.

1 slice Beef meatloaf, Roasted vegetables, one bowl of tropical pineapple with granola, a glass of skim milk.

**TUESDAY**  
**02/12**

2 Hard boiled eggs, oatmeal with skim milk, one bowl of sliced pears.

Baked chicken, black bean soup with whole wheat toast, one bowl of strawberry yogurt with one cut-up banana

Beef and broccoli over jasmine rice, a bowl of yogurt with granola and one fresh yellow apple.

**WEDNESDAY**  
**02/13**

Freshly scrambled eggs, homestyle grits, half a grapefruit, a glass of skim milk

Baked sweet potato, vegan chili, one bowl of fresh cut honeydew, glass of skim milk

Chicken salad over lettuce with quinoa and shredded cheese, side of orange wedges.

**THURSDAY**  
**02/14**

Mushroom and green pepper omelets with cheese inside, whole grain toast, bowl of grapefruit wedges.

Chicken Poblano soup, whole wheat toast, creamy vanilla yogurt with sliced pears on the top.

Honey baked chicken, baked potato, sauteed vegetables, yellow apple

**FRIDAY**  
**02/15**

Quaker oatmeal with skim milk, one hard-boiled egg, a bowl of fresh-cut cantaloupe.

Muffaletta sandwich, side salad with quinoa, mixed vegetables and lemon dressing, one fresh red apple.

Steamed pork dumpling with fresh asian vegetable blend, side of whole wheat toast, one banana, and one glass of milk.

**SATURDAY**  
**02/16**

Freshly scrambled eggs on two slices of wheat toast with one slice of cheese and tomatoes, one bowl of tropical pineapple.

Sweet yeast dinner roll with cottage cheese, turkey ham, and lettuce, one bowl tropical fruit salad.

**SUNDAY**  
**02/17**

Whole wheat toast with turkey deli meat, sliced swiss cheese, and lettuce, half a grapefruit.

2 black bean tacos with lettuce, tomatoes and hummus, creamy vanilla yogurt with granola and tropical fruits on the top.



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**MONDAY**  
**02/18**

Green pepper and ham omelets, quaker oatmeal with a glass of skim milk, one fresh yellow apple.

Roast beef with onions over brown rice, roasted asparagus, fresh cut honeydew, skim milk

Quinoa sweet potato chili, whole wheat toast, fresh cut cantaloupe and cut-up banana, a glass of skim milk.

**TUESDAY**  
**02/19**

Freshly scrambled eggs with homestyle grits, creamy strawberry yogurt with one cut-up banana on the top

Hoisin glazed tofu with fresh steamed vegetables, and one bowl of tropical pineapple with yogurt and granola

Sliced beef brisket, garlic broccoli, a glass of skim milk, one banana with peanut butter and granola

**WEDNESDAY**  
**02/20**

Oatmeal with peanut butter, one banana with a glass of skim milk, one hard boiled egg.

Smoked pulled pork and coleslaw on whole wheat sandwich, creamy vanilla yogurt with sliced peaches on the top.

Chicken Poblano soup, side salad with hummus, feta cheese, cucumbers and tomatoes, a glass of milk, one fresh red apple.

**THURSDAY**  
**02/21**

One spinach and ham omelet, one slice of whole wheat toast with peanut butter, 1 banana with a glass of skim milk

Vegan chorizo bowl with black beans and quinoa from the salad bar, lettuce, tomato, sour cream and guacamole, side of cantaloupe

Shrimp and sausage creole, side salad assorted vegetables and quinoa, one bowl of orange wedges, skim milk

**FRIDAY**  
**02/22**

Freshly scrambled eggs with grits, one glass of skim milk with banana.

Risotto with roasted Italian vegetables and kalua pork, creamy vanilla yogurt with fresh cut honeydew and cantaloupe on the top.

Whole wheat yakisoba, one bowl of orange wedges with yogurt and granola, and a glass of skim milk

**SATURDAY**  
**02/23**

Wild rice with Monterrey chicken, onion & pepper, one bowl of tropical pineapple, glass of skim milk

Mushroom & rice stuffed pepper with green beans on the side, one slice of balsamic glazed chicken, a glass of skim milk with banana.

**SUNDAY**  
**02/24**

Scrambled eggs on two slices of wheat toast with a slice of cheese spinach salad with fresh vegetables and a splash of olive oil and vinegar, one bowl of fresh cut honeydew/grapefruit.

Hearty beef stew with potatoes, brown rice with lima beans, creamy vanilla yogurt with sliced peaches on the top.



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## LUNCH

## DINNER

**MONDAY**  
**02/25**

Quaker oatmeal with a glass of skim milk, freshly scrambled eggs, side of mango

½ Chicken Philly sandwich, steamed cabbage and roasted red potatoes, and one fresh yellow apple and a side of granola and yogurt

Cobb Salad station with added quinoa, side of mango slices and a glass of skim milk

**TUESDAY**  
**02/26**

2 hard boiled eggs, whole wheat toast with banana and peanut butter

Mushroom sauce over beef tips in a baked potato, malibu blend vegetables and pear halves with skim milk

BBQ Brunswick Stew, turnip greens, and whole wheat toast, glass of skim milk and an apple to go

**WEDNESDAY**  
**02/27**

Scrambled eggs with 1 turkey sausage patty, vanilla yogurt with peanut butter and banana and a drizzle of honey

Sliced Prime Rib, Mushroom and Rice stuffed pepper, honeydew and cantaloupe over yogurt

Thai Chicken Red Curry Soup, Side Salad with chickpeas, feta, artichoke hearts, sliced olives and whole wheat toast and skim milk

**THURSDAY**  
**02/28**

Bowl of Oatmeal with brown sugar, raisins and bananas and a hard boiled egg

Grilled Salmon with dill sauce, green beans, bowl of yogurt with granola and pears

Asian Style Cilantro Chicken, succotash, whole wheat toast, bowl of peaches and pears

**FRIDAY**

**SATURDAY**

**SUNDAY**