

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>CATHOLIC SCHOOLS WEEK</b>				
	<b>29</b>	<b>30</b>	<b>31</b>	<b>February 1</b>	<b>2 - SJW &amp; HG ONLY</b>
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, Saltines	HM or IFF, Cooked Apple Slices, Bread Slice	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Sliced Pears, Club Crackers	HM or IFF, Diced Peaches, English Muffin
Lunch	Cottage Cheese  SIDES: Sweet Potato Fries Cooked Apple Slices  HM or IFF	Taco Meat with Tortilla  SIDES: Corn Mixed Fruit  HM or IFF	Baked Chicken Breast  SIDES: Carrot Coins Sliced Pears  HM or IFF	Yogurt  SIDES: Steamed Broccoli Diced Peaches  HM or IFF	Hard Boiled Egg & Bread Slice  SIDES: Baked Beans Applesauce  HM or IFF
PM	HM or IFF, Diced Pears, Slice of Bread	HM or IFF, Carrot Coins, Club Crackers	HM or IFF, Banana, Tortilla	HM or IFF, Carrot Coins, Graham Cracker	HM or IFF, Broccoli, Goldfish
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9 - National Pizza Day</b>
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Applesauce, Cheerios	HM or IFF, Pineapple Tidbits, Bagel	HM or IFF, Diced Pears, Graham Cracker	HM or IFF, Mixed Fruit, Bread Slice	HM or IFF, Sliced Peaches, English Muffin
Lunch	Salisbury Steak  SIDES: Mashed Potatoes Pineapple Tidbits  HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Pears  HM or IFF	Toasted Cheese WG Sandwich  SIDES: Steamed Cauliflower Mixed Fruit  HM or IFF	Cottage Cheese  SIDES: Steamed Broccoli Sliced Peaches  HM or IFF	Yogurt  SIDES: Calico Beans Mandarin Oranges  HM or IFF
PM	HM or IFF, Mixed Fruit, Slice of Bread	HM or IFF, Carrot Coins, Breadstick	HM or IFF, Peas, Tortilla	HM or IFF, Cauliflower, Cheerios	HM or IFF, Broccoli, Graham Cracker
	<b>12</b>	<b>13</b>	<b>14 - ASH WEDNESDAY/VALENTINE'S</b>	<b>15</b>	<b>16 - FRIDAY IN LENT</b>
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mandarin Oranges, WG Cheerios	HM or IFF, Cooked Apples, Saltines	HM or IFF, Apricots, Goldfish	HM or IFF, Sliced Pears, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Baked Chicken Breast  SIDES: Mashed Potatoes Cooked Apple Slices  HM or IFF	Taco Meat with Tortilla  SIDES: Steamed Cauliflower Apricots  HM or IFF	Cheese Omelette & French Toast Sticks  SIDES: Green Beans Sliced Pears  HM or IFF	WG Macaroni & Cheese with Ham  SIDES: Carrot Coins 1/2 Banana  HM or IFF	Hard Boiled Egg & Bread Slice  SIDES: Black Beans Applesauce  HM or IFF
PM	HM or IFF, Mixed Fruit, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Steamed Cauliflower, Tortilla	HM or IFF, Green Beans, Graham Cracker	HM or IFF, Carrot Coins, Goldfish
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22 - SJW &amp; HG ONLY</b>	<b>23 - SJW &amp; HG ONLY</b>
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Applesauce, WG Cheerios	HM or IFF, Pineapple Tidbits, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Mixed Fruit, Bread Slice	HM or IFF, Sliced Peaches, Club Cracker
Lunch	Yogurt  SIDES: Stir Fry Vegetables Pineapple Tidbits  HM or IFF	Sloppy Joe on WG Bread  SIDES: Carrot Coins Applesauce  HM or IFF	Hot Dog on WG Bread  SIDES: Baked Beans Mixed Fruit  HM or IFF	Cottage Cheese  SIDES: Steamed Green Beans Sliced Peaches  HM or IFF	Sliced Cheese & Bread Slice  SIDES: Steamed Broccoli Diced Pears  HM or IFF
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Stirfry Veggies, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Baked Beans, Goldfish	HM or IFF, Green Beans, Tortilla
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 - LEAP DAY!</b>	<b>March 1 - FRIDAY IN LENT</b>
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Diced Pears, Bagel	HM or IFF, Mixed Fruit, Breadstick	HM or IFF, Sliced Pears, Saltines	HM or IFF, Applesauce, Graham Cracker	HM or IFF, Diced Pears, WG Cheerios
Lunch	Baked Chicken Breast  SIDES: Sweet Potato Fries Mixed Fruit  HM or IFF	Soft Shell Beef Taco on WG Tortilla  SIDES: Refried Beans Diced Pears  HM or IFF	Cottage Cheese  SIDES: Peas Applesauce  HM or IFF	Diced Chicken  SIDES: Steamed Green Beans Diced Pears  HM or IFF	Yogurt  SIDES: Island Vegetables Sliced Peaches  HM or IFF
PM	HM or IFF, Steamed Broccoli, WG Cheerios	HM or IFF, Applesauce, English Muffin	HM or IFF, Refried Beans, Tortilla	HM or IFF, Peas, Bread Slice	HM or IFF, Green Beans, Goldfish

\*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk IFF - Iron Fortified Formula