

February 2021					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit	Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit
Mid-morning snack	Yogurt, granola and water	Assorted cereal, fresh fruit and water	Loaf bread, orange slices and water	Hard boiled eggs, bread sticks and water	½ whole wheat bagel, cream cheese, apple sauce, and water
Lunch	Sausages, hashbrown casserole, peas, fruit, water and milk	Quiche, garden salad, rolls, Fruit, water and milk	Tomato soup, grilled cheese, assorted veggie sticks, Fruit, water and Milk	Herb crusted fish, baked beans, broccoli, buns, fruit, water and milk	Beef macaroni casserole, ceasar salad, bread and butter, Fruit, water and milk
Mid-afternoon snack	Rice cakes, apples and water	Cheese cubes, crackers and water	Melba toast, cream cheese, cucumbers and water	Veggie tray, crackers and water	Muffins, fresh fruit and water