


February 2012

Monday	Tuesday	Wednesday	Thursday	Friday																																																												
		1 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar & String Cheese Crispy Chicken Sandwich Lettuce & Pickles Mixed Fruit Lemon Dinosaur Cookie	2 <u>Breakfast:</u> Cereal Bowl OR Pancake & Sausage Stick Teriyaki Chicken Chow Mein Fortune Cookie Fresh Fruit Green Beans	3 <u>Breakfast:</u> Cereal Bowl OR Breakfast Burrito Chicken Tenders Corn Nibbles Fresh Fruit	<p>Broccoli Slaw (serves 6)</p> <p>Dressing (makes ¾ c) 6 tbl. Olive Oil 6 tbl. Cider vinegar 3 tbl. Plain yogurt 6 tsp. Mayonnaise 3 tsp. Honey 1 tsp. Salt Pepper to taste Hot Sauce , optional</p> <p>Salad 5 c shredded Broccoli (about 2 small heads broccoli) 2 large Carrots, shredded 1 c chopped Cilantro, loosely packed</p> <p>1. Make dressing: pour all ingredients into a mason jar and shake vigorously. You can also whisk all the ingredients together.</p> <p>2. Toss salad ingredients with dressing. Taste and season with more salt and pepper, as needed.</p>																																																											
6 <u>Breakfast:</u> Cereal Bowl OR Bagel & Cream Cheese Chicken Fajitas Flour Tortillas Lettuce & Cheese Applesauce	7 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll Cheese Pizza Green Beans Peaches Double Chocolate Muffin	8 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar & String Cheese Chicken Nuggets Tossed Salad Ranch Dressing Fresh Fruit	9 <u>Breakfast:</u> Cereal Bowl OR Cheese Quesadilla Pancake Sausage Links (2) Tater Tots Orange Juice	10 <u>Breakfast:</u> Cereal Bowl OR Tac-Go Mac & Cheese Carrots Shape Up Presidential Cookies																																																												
13  President Lincoln's Birthday February 12, 1809	14 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll Popcorn Chicken Baby Carrots Sweet Heart Cherry Ice Cup	15 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar & String Cheese Hamburger on a Bun Lettuce & Pickles Strawberry Cup Sunshine Bread	16 <u>Breakfast:</u> Cereal Bowl OR Cheese Skillet Omelet Turkey Chili Oven Fries Green Beans Chocolate Chip Muffin	17 <u>Breakfast :</u> Cereal Bowl OR French Toast Stick French Bread Cheese Pizza Tossed Salad Ranch Dressing Pears																																																												
20  President Washington's Birthday February 22, 1732	21 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll Sunnyside Up Sandwich (Egg, Ham, Cheese on an English Muffin) Tater Tots Orange Juice	22 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar & String Cheese Grilled Cheese Sandwich Broccoli Applesauce	23 <u>Breakfast:</u> Cereal Bowl OR Breakfast Wrap Crispy Chicken Sandwich Lettuce & Pickles Frozen Peach Cup February Birthday Cookie	24 <u>Breakfast:</u> Cereal Bowl OR Cheese Skillet Omelet Bean & Cheese Burrito Jicama Sticks Mixed Fruit																																																												
27 <u>Breakfast:</u> Cereal Bowl OR Bagel & Cream Cheese Orange Chicken Sticky Rice Carrots Banana	28 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll Chicken Tenders Tossed Salad Ranch Dressing Diced Pears	29 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar & String Cheese Hamburger on a Bun Lettuce & Pickles Oven Fries Peaches	<p style="text-align: center;"><u>January</u></p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	M		T	W	TH	F	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31				<p style="text-align: center;"><u>March</u></p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	M	T	W	TH	F				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29
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