

Co-op Family Center February 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/04</p> <p>Breakfast: Cheerios, bananas and milk Lunch: Mac & cheese, peas & corn, cantaloupe, milk Snack: Cheese ball, wheat thins, water</p>	<p>02/05</p> <p>Breakfast: Oatmeal, blueberries, milk Lunch: pan fried noodles, tofu bites, snap peas & carrots, pineapple, milk Snack: roasted potatoes, milk</p>	<p>02/06</p> <p>Breakfast: egg and cheese sandwich, blueberries, milk Lunch: vegetable chili, cornbread, shredded cheese, pears, milk Snack: celery, raisins, peanut butter, water</p>	<p>02/07</p> <p>Breakfast: fruit enchiladas, milk Lunch: Arroz con queso, zucchini, watermelon, milk Snack: trail mix, apple juice</p>	<p>02/08</p> <p>Breakfast: whole wheat waffles, applesauce, milk Lunch: twice baked potatoes, cottage cheese, breadsticks, honeydew, milk Snack: blueberry muffins, milk</p>
<p>02/11</p> <p>Breakfast: Kix cereal, bananas, milk Lunch: grilled cheese sandwiches, sweet potatoes wedges, honeydew and milk Snack: beet dip, pita chips, water</p>	<p>02/12</p> <p>Breakfast: egg and cheese pita bites, oranges, milk Lunch: Enchiladas, zucchini, pineapple, milk Snack: carrots, celery, baby bells, milk</p>	<p>02/13</p> <p>Breakfast: cream of wheat, mixed berries, milk Lunch: lasagna roll ups, garden salad, cantaloupe, milk Snack: banana bread and milk</p>	<p>02/14</p> <p>Breakfast: applesauce pancakes, blueberries, milk Lunch: tomato pasta soup, cheese sticks, pears, milk Snack: baked apples, milk</p>	<p>02/15</p> <p>Breakfast: Bagels, applesauce, milk Lunch: One step rice, spaghetti squash, watermelon, milk Snack: fruit, stacked muffins, water</p>
<p>02/18</p> <p>Breakfast: Corn Chex cereal, bananas and milk Lunch: cheese quesadilla, pinto beans, honeydew, carrots, milk Snack: peanut butter dip, pretzels, milk</p>	<p>02/19</p> <p>Breakfast: scrambled eggs, hash browns, milk Lunch: vegetable fried rice, tofu bites, pineapple, milk Snack: apples and yogurt dip, milk</p>	<p>02/20</p> <p>Breakfast: three grain pancakes, applesauce, milk Lunch: corn chowder, oyster crackers, cottage cheese, pears, milk Snack: broccoli, carrot sticks, celery sticks, milk</p>	<p>02/21</p> <p>Breakfast: breakfast burritos, oranges, milk Lunch: spaghetti w/ shredded cheese, zucchini, cantaloupe, milk Snack: Bran muffins, milk</p>	<p>12/21</p> <p>Breakfast: hot quinoa stew, blueberries, milk Lunch: : black bean stew, naan bread, cheese sticks, watermelon, milk Snack: soft pretzel w/ ketchup, milk</p>
<p>02/25</p> <p>Breakfast: Kellogg's "cornflakes", bananas, milk Lunch: easy bake Manicotti, roasted cauliflower, cantaloupe, milk Snack: hard boiled eggs, Triscuits, water</p>	<p>02/26</p> <p>Breakfast: French toast w/ applesauce, milk Lunch: chimichangas, corn, carrots, pears, milk Snack: kiwi, pineapple, grapes, milk</p>	<p>02/27</p> <p>Breakfast: granola, plain Zoi yogurt, mixed berries, milk Lunch: garden vegetable curried rice w/ tofu bites, pineapple, milk Snack: Morning glory muffins, milk</p>	<p>02/28</p> <p>Breakfast: potato cheese pita bites, oranges, milk Lunch: Multi bean soup, whole wheat rolls, cheese sticks, honeydew, milk Snack: smoothies, pretzels, water</p>	<p>12/28</p> <p>Breakfast: banana pancakes, blueberries, milk Lunch: pizza, garden salad, watermelon, milk Snack: pineapple biscuits, milk</p>

The Co-op Family Center is an equal opportunity provider.