

~ February 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pizza Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	2
3	4 Soft tacos w/ rice & beans Cheese Lettuce & tomatoes Corn Fruit Salad bar Yogurt & cottage cheese Milk	5 Chicken Stir Fry Rice Mixed vegetables Fruit Salad Bar Juice	6 Felafel on a pita Israeli Couscous Israeli salad Fruit Salad Bar Yogurt & Cottage Cheese Milk	7 Meat Chili Chopped potatoes w/ spices Corn Fruit Salad Bar Juice	8 Grilled Cheese Tomato Soup Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	9
10	11 Hot Dogs Baked beans French fries Peas Fruit Salad Bar Juice	12 Bagels w/ cream cheese Blintzes Cucumbers and Tomatoes Fruit Salad Bar Yogurt & Cottage Cheese Milk	13 Choose your sauce day! Pasta w/ pesto, cream, or red sauce Broccoli Fruit Salad Bar Yogurt & Cottage Cheese Milk	14 Assorted Cereals Peaches and Pears Salad Bar Yogurt and Cottage Cheese Milk	15 Pizza bagels Carrots and Celery Fruit Salad Bar Yogurt & Cottage Cheese Milk	16
17	18 NO SCHOOL	19 Macaroni & Cheese Green beans Fruit Salad Bar Yogurt & Cottage Cheese Milk	20 Soft tacos w/ rice and beans Cheese Lettuce & tomatoes Corn Fruit Salad Bar Yogurt & Cottage Cheese Milk	21 Deli sandwiches Tater tots Vegetable Fruit Salad Bar Juice	22 Pizza Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	23
24	25 Purim Pierogies w/ red sauce Peas Fruit Salad Bar Yogurt & Cottage Cheese Milk Hamentashen	26 Hamburgers on ww bun Baked sweet potato fries Broccoli and Cauliflower Fruit Salad Bar Juice	27 Chicken Nuggets Tater Tots Vegetable Fruit Salad Bar Juice	28 Fish sticks Orzo salad Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	Notes:	