

February 2018 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One: 1/29-2/2 B- Breakfast L- Lunch S- Snack	B- French Toast Sticks & Apples L- Cheeseburger, Tater Tots, Grapes S- Saltines & Broccoli w/Ranch	B- Sausage Biscuit & Tropical Fruit L- Chicken Quesadillas, Corn, Banana S- Fritos w/Bean Dip & Oranges	B- Breakfast Burrito & Banana L- Baked Chicken, Roll, Mashed Potatoes w/Gravy, Apples S- Graham Crackers & Peaches	B- Cheerios & Tropical Fruit L- Lil' Smokies & Beans, Steamed Carrots, Mixed Fruit S- Ritz Crackers & Applesauce	B- Bagel w/Cream Cheese & Banana L- Goulash, Corn, Apples S- Rice Cake & Cauliflower w/Ranch
IDC Alternatives	S- Steamed Broccoli	N/A	N/A	N/A	S- Steamed Cauliflower
Week Two: 2/5-2/9 B- Breakfast L- Lunch S- Snack	B- Waffles & Apples L- Chili Frito Pie, Corn, Oranges S- Pretzel Sticks & Tropical Fruit	B- Pancakes & Tropical Fruit L- Bean & Cheese Burrito, Green Beans, Apples S- Wheat Thins & Celery Sticks w/Wow-Butter	B- Raisin Bran & Peaches L- Chicken Strips, French Fries, Grapes S- Cheese Roll-Up & Carrots w/Ranch	B- Biscuit w/Jelly & Mixed Fruit L- Meatloaf, Roll, Mashed Potatoes, Peaches S- Fritos w/Bean Dip, Banana	B- Raisin Bran & Applesauce L- Pepperoni Pizza, Green Beans, Tropical Fruit S- Veggie Straws & Banana
IDC Alternatives	S- Saltines	N/A	S- Steamed Carrots	N/A	L- Corn
Week Three: 2/12-2/16 B- Breakfast L- Lunch S- Snack	B- Yogurt w/Granola & Blueberries L- Corn Dogs, Mixed Veggies, Grapes S- Fig Bars & Apples	B- Toast, Sausage Link & Applesauce L- Enchiladas, Mixed Veggies, Grapes S- Fig Bars & Banana	B- Cheerios & Banana L- Chicken Nuggets, Tater Tots, Blueberries S- Wheat Thins & Broccoli w/Ranch	B- English Muffin w/Jelly & Banana L- Hot Dog, Steamed Carrots, Peaches S- No-Bake Cookie & Mixed Fruit	B- Sausage Biscuit & Tropical Fruit L- Ravioli, Garlic Bread, Green Beans, Banana S- Saltines & Carrots w/Ranch
IDC Alternatives	N/A	N/A	S- Steamed Broccoli	N/A	S- Steamed Carrots
Week Four: 2/19-2/23 B- Breakfast L- Lunch S- Snack	B- Cheese Toast & Grapes L- Sloppy Joes, Steamed Broccoli, Banana S- Sugar Cookie & Mixed Fruit	B- Yogurt w/Granola & Banana L- Chicken Tacos, Steamed Carrots, Apples S- Ritz Crackers & Grapes	B- Oatmeal & Apples L- Chicken Sandwich, Tater Tots, Strawberries S- Fig Bars & Mixed Fruit	B- Pancakes & Peaches L- Smoked Sausage, Roll, Corn, Banana S- Cheez-its & Cauliflower w/Ranch	B- Cinnamon Rolls & Banana L- Spaghetti, Salad, Tropical Fruit S- Sugar Cookie & Applesauce
IDC Alternatives	N/A	N/A	L- Applesauce	S- Steamed Cauliflower	N/A
Week Five: 2/26-3/3 B- Breakfast L- Lunch S- Snack	B- Oatmeal & Banana L- Fish Sticks, Mac & Cheese, Steamed Broccoli, Grapes S- Ritz Crackers & Celery Sticks w/Wow-Butter	B- Chicken Biscuit & Tropical Fruit L- Beef Tacos, Corn, Banana S- Graham Crackers & Peaches	B- Breakfast Pizza & Peaches L- Chicken Alfredo, Green Beans, Mixed Fruit S- Wow Butter Sandwich & Banana	B- Rice Krispies & Tropical Fruit L- Pigs-in-a-Blanket, Steamed Carrots, Apples S- Goldfish & Broccoli w/Ranch	B- Scrambled Eggs, Sausage Link & Peaches L- Baked Ziti, Salad, Grapes S- Wheat Thins & Mixed Fruit
IDC Alternatives	N/A	N/A	N/A	S- Steamed Broccoli	L- Green Beans

Breakfast- Milk and Water Served

Lunch- Milk Served

Snack- Water Served

FEBRUARY 2018 IDC EXTRA SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
PM: Graham Crackers and Water	PM: Rice Cakes and Water	PM: Veggie Straws and Water	PM: Club Crackers and Water	PM: Raisins and Water
PM: Fruit & Grain Bar and Water	PM: Yogurt and Water	PM: Muffins and Water	PM: Vanilla Wafers and Water	PM: Rice Cakes and Water
PM: Fruit & Grain Bar and Water	PM: Graham Cracker and Water	PM: Saltines and Water	PM: Veggie Straws and Water	PM: Raisins and Water
PM: Yogurt and Water	PM: Vanilla Wafers and Water	PM: Wheat Thins and Water	PM: Fig Bars and Water	PM: Trail Mix and Water
PM: Goldfish and Water	PM: Raisins and Water	PM: Chex and Water	PM: Muffins and Water	PM: Saltine Crackers and Water

This snack is extra and optional. Please let your child's teacher know if your child will be eating this snack.