

# February-18

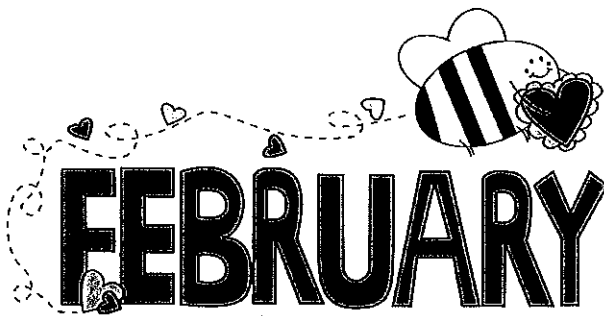
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



|   |   |   | 1   | 2   |
|---|---|---|---|---|
|   |   |   | <b>BREAKFAST:</b> Yogurt, Banana, Milk*<br><br><b>AM SNACK:</b> Whole Grain Goldfish, Milk*<br><br><b>LUNCH:</b> Heated Ham & Cheese Sandwich on Whole Wheat Roll, Butter Noodles, Peas, Peaches, Milk* | <b>BREAKFAST:</b> Cereal A Rotation, Apple Juice, Milk*<br><br><b>AM SNACK:</b> Whole Grain Wheat Crackers, Cheese, Milk*<br><br><b>LUNCH:</b> Chicken Pattie Sandwich, French Fries, Carrots, Applesauce, Milk*            |
| 5   | 6   | 7   | 8   | 9   |
| <b>BREAKFAST:</b> Cereal B Rotation, Applesauce, Milk*<br><br><b>AM SNACK:</b> Apples, Milk*<br><br><b>LUNCH:</b> Chicken Pot Pie, Butter Bread, Mixed Veggies, Pineapple, Milk*      | <b>BREAKFAST:</b> Whole Wheat Toast, Banana, Milk*<br><br><b>AM SNACK:</b> Pretzels, Cheese, Milk*<br><br><b>LUNCH:</b> Turkey & Cheese Sandwich, Ranch Potatoes, Carrots, Pears, Milk* | <b>BREAKFAST:</b> Cereal C Rotation, Applesauce, Milk*<br><br><b>AM SNACK:</b> Carrots with dip, Milk*<br><br><b>LUNCH:</b> Chicken & Waffles, Green Beans, Oranges, Milk*                    | <b>BREAKFAST:</b> Yogurt Banana, Milk*<br><br><b>AM SNACK:</b> Whole Grain Goldfish, Milk*<br><br><b>LUNCH:</b> Ham, Scalloped Potatoes, Peas, Peaches, Milk*   | <b>BREAKFAST:</b> Cereal D Rotation, Apple Juice, Milk*<br><br><b>AM SNACK:</b> Whole Grain Wheat Crackers, Cheese, Milk*<br><br><b>LUNCH:</b> Tacos, Rice, Corn, Applesauce, Milk*   |
| 12  | 13  | 14  | 15  | 16  |
| <b>BREAKFAST:</b> Cereal E Rotation & Oranges<br><br><b>AM SNACK:</b> Apples, Milk*<br><br><b>LUNCH:</b> Cheesy Chicken Rice, Mixed Veggies, Pineapple, Milk*                         | <b>BREAKFAST:</b> Whole Wheat Toast, Banana, Milk*<br><br><b>AM SNACK:</b> Pretzels, Cheese, Milk*<br><br><b>LUNCH:</b> Meatball Sub, French Fries, Broccoli & Cheese, Pears, Milk*     | <b>BREAKFAST:</b> Cereal F Rotation & Oranges<br><br><b>AM SNACK:</b> Carrots with dip, Milk*<br><br><b>LUNCH:</b> Whole Grain French Bread Pizza, Rice, Green Beans, Oranges, Milk*          | <b>BREAKFAST:</b> Yogurt Banana, Milk*<br><br><b>AM SNACK:</b> Whole Grain Goldfish, Milk*<br><br><b>LUNCH:</b> Chicken Rice Soup w/carrots, whole wheat butter bread, Peaches, Milk*                   | <b>BREAKFAST:</b> Cereal G Rotation, Apple Juice, Milk*<br><br><b>AM SNACK:</b> Whole Grain Wheat Crackers, Cheese, Milk*<br><br><b>LUNCH:</b> Ham, Mashed Potatoes, Green Bean Casserole, Corn, Roll, Ice Cream Cup, Milk* |
| 19  | 20  | 21  | 22  | 23  |
| <p style="text-align: center;">                     Building The Future<br/>                     One Teacher At A Time<br/>                     TEACHER TRAINING                 </p> | <b>BREAKFAST:</b> Cereal H Rotation, Oranges, Milk*<br><br><b>AM SNACK:</b> Pretzels, Cheese, Milk*<br><br><b>LUNCH:</b> Hamburger Helper, Peas, Pears, Milk*                           | <b>BREAKFAST:</b> Cereal A Rotation, Applesauce, Milk*<br><br><b>AM SNACK:</b> Carrots with dip, Milk*<br><br><b>LUNCH:</b> BBQ Chicken Sandwich, Ranch Potatoes, Green Beans, Oranges, Milk* | <b>BREAKFAST:</b> Yogurt Banana, Milk*<br><br><b>AM SNACK:</b> Whole Grain Goldfish, Milk*<br><br><b>LUNCH:</b> Spaghetti & Meatballs, Whole Wheat Garlic Bread, Carrots, Peaches, Milk*                | <b>BREAKFAST:</b> Cereal B Rotation, Apple Juice, Milk*<br><br><b>AM SNACK:</b> Whole Grain Wheat Crackers, Cheese, Milk*<br><br><b>LUNCH:</b> Sloppy Joe, French Fries, Corn, Applesauce, Milk*                            |
| 26  | 27  | 28  | Cereal Rotation Chart on Back<br><br>* Milk<br>Under 1 year = Whole White Milk<br>Over 2 years = 1% White Milk  |   |
| <b>BREAKFAST:</b> Cereal C Rotation, Oranges, Milk*<br><br><b>AM SNACK:</b> Apples, Milk*<br><br><b>LUNCH:</b> Chicken Nuggets, Mac & Cheese, Mixed Veggies, Pineapple, Milk          | <b>BREAKFAST:</b> Whole Wheat Toast, Banana, Milk*<br><br><b>AM SNACK:</b> Pretzels, Cheese, Milk*<br><br><b>LUNCH:</b> Easy Chicken Bake, Green Beans, Pears, Milk*                    | <b>BREAKFAST:</b> Cereal D Rotation, Applesauce, Milk*<br><br><b>AM SNACK:</b> Carrots with dip, Milk*<br><br><b>LUNCH:</b> Mashed Potatoe Soup, Bologna & Cheese Sandwich, Applesauce, Milk* |   |   |

### BREAKFAST CEREAL ROTATION

|   | YOUNG TODDLER  | TODDLER        | OLDER TODDLER   | PRE-SCHOOL      | PRE-K           | SCHOOL AGE      |                 |                 |
|---|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| A | CORN FLAKES    | CORN CHEX      | CHERRIO         | RICE CHEX       | LIFE            | CINNAMON CHEX   | KIX             | BLUEBERRY CHEX  |
| B | CORN CHEX      | CHERRIO        | RICE CHEX       | LIFE            | CINNAMON CHEX   | KIX             | BLUEBERRY CHEX  | OATMEAL SQUARES |
| C | CHERRIO        | RICE CHEX      | LIFE            | CINNAMON CHEX   | KIX             | BLUEBERRY CHEX  | OATMEAL SQUARES | CORN CHEX       |
| D | RICE CHEX      | LIFE           | CINNAMON CHEX   | KIX             | BLUEBERRY CHEX  | OATMEAL SQUARES | CORN CHEX       | CHERRIO         |
| E | LIFE           | CINNAMON CHEX  | KIX             | BLUEBERRY CHEX  | OATMEAL SQUARES | CORN CHEX       | CHERRIO         | RICE CHEX       |
| F | CINNAMON CHEX  | KIX            | BLUEBERRY CHEX  | OATMEAL SQUARES | CORN CHEX       | CHERRIO         | RICE CHEX       | LIFE            |
| G | KIX            | BLUEBERRY CHEX | OATMEAL SQUARES | CORN CHEX       | CHERRIO         | RICE CHEX       | LIFE            | CINNAMON CHEX   |
| H | BLUEBERRY CHEX | CORN FLAKES    | CORN CHEX       | CHERRIO         | RICE CHEX       | LIFE            | CINNAMON CHEX   | KIX             |