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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1****Breakfast:**  WG Mini Bagel with sun butter, Oranges and milk **Lunch:**  Flat bread Pizzas (Whole grain Flat Bread, 7 veg red sauce, pepperoni and cheese), roasted asparagus, pineapple and milk**Snack:**  Apples and Veggie Plater with yogurt dip and water | **2****Breakfast:**  Kix, Bananas and milk**Lunch:** Fresh whole wheat Macaroni and Cheese, Broccoli, Watermelon and Milk**Snack:** Roasted garbanzo beans, Pears and water | **3****Breakfast:**  Breakfast Pizza (crust, egg, sausage, cheese), Apples and milk**Lunch:**  Baked Cod, WG wild rice, green beans, Honeydew and milk **Snack:** WGSeasonal muffins, oranges and milk | **4****Breakfast**: Whole wheat French toast, with blueberry sauce and strawberries and milk **Lunch:**  Lentil soup, Grilled Turkey Sandwich on Whole Wheat, Plums and milk**Snack:**  Pears, pretzel sticks and water |
| **7****Breakfast:** Oatmeal with honey, mixed fruit and milk**Lunch:** Bean and cheese burritos on a Whole Wheat tortilla, green salad, pear slices and milk**Snack:** Soft Baked Whole Wheat pretzels with yogurt honey mustard dip, oranges and water | **8****Breakfast:** Build your own yogurt parfait, (Greek yogurt, strawberries, WG granola) and milk **Lunch:**  Chicken Noodle Soup, WG roll, Celery sticks, cantaloupe Slices and milk**Snack:**  Whole Wheat Flatbread, Bell pepper and Hummus with water | **9****Breakfast:** WG Bran cereal, bananas and milk**Lunch:**  Garlic Parm Chicken, Roasted Broccoli, Pesto Penne WW Pasta, Watermelon and milk**Snack:**  WW English Muffin with sun butter, Apples and water | **10****Breakfast :** Whole Wheat Breakfast Bake, Strawberries and milk**Lunch:**  Three-cheese quiche’ with Whole Wheat crust, pan seared rainbow carrots ,Oranges and milk**Snack:**  WW Chocolate Zucchini Muffin, pears and milk | **11****Breakfast:**  Egg sandwich on WW English muffin with cheese, bananas and milk**Lunch:** Sloppy Joes (7 veggie red sauce, ground turkey whole wheat bun), Potato Wedges, cantaloupe melons and milk**Snack:**  Kale Chips with Apples and water |
| **14****Breakfast :**Cream of Wheat with honey, Cantaloupe and milk**Lunch:**  Chicken Teriyaki, with brown rice, green beans, mango and milk   **Snack:**  Whole Grain apple/pear bake with milk | **15****Breakfast:**  Turkey sausage sandwich on Whole Wheat biscuit, Oranges and milk**Lunch:**  Butternut Squash Soup, WG grilled cheese sandwich, apple wedges and milk **Snack:**  Whole Grain Apple Bake with milk | **16****Breakfast:** Chex cereal, bananas and milk**Lunch:**  Coconut chicken curry with mixed veggies, Brown Rice, Pineapple and milk **Snack:**  Cheesy breadsticks with apples and water | **17****Breakfast:** Breakfast Pizza (Whole Wheat crust, eggs, turkey sausage, cheese) pears and milk **Lunch:**  Baked Salmon, Quinoa Salad, Broccoli, honeydew and milk**Snack:** Raw veggie plate (cauliflower, celery, carrots), yogurt dip and water | **18****Breakfast:** Scrambled eggs, potatoes, Sausage patty, bananas and milk**Lunch:**  Beef stew(with local, organic beef, potatoes, kale, carrots, celery),Whole Wheat bun, Watermelon and milk**Snack:**  Whole grain tortilla chips with salsa and water |
| **21****Centers****Closed** | **22****Breakfast :**WW Pancakes with Blueberry Sauce, Strawberries and milk**Lunch:**  Smoked Chicken Sausage Hash with root vegetables, whole grain cornbread, mixed fruit and water **Snack:** Mixed Fruit, Whole Wheat Crackers and water | **23****Breakfast :**  Cheerios cereal, Oranges and milk**Lunch:**  White Chicken chili, tortilla chips, Guacamole, mixed fruit and milk **Snack:**  WG Seasonal Muffin, apples and milk | **24****Breakfast:** WWSavory Scones, Banana, Milk**Lunch:**  WW Spaghetti with meat sauce (,7 veg red sauce, ground turkey), whole wheat breadstick, green salad, Cantaloupe and milk**Snack:**  Whole wheat crackers, pears and water | 25**Breakfast:** Build your own yogurt parfait (Greek yogurt, Berries. WG granola) and milk**Lunch:** Chicken Drumsticks, Rice Pilaf, mixed veggies, plums and milk**Snack:**  Cheesy Breadsticks, Apple, Water |
| **28****Breakfast:** WG Oatmeal w/honey, Apple slices, and milk**Lunch:** Chicken Burger on WG Bun (Lettuce, yogurt spread), Sweet Potato Fries, Pears and milk**Snack:** Pretzel twists with Oranges and water |  |  |  |  |

 **February Milgard/Garnero Monthly Meal Menu 2022**

All menu items are prepared in our kitchen from love, with whole, fresh foods and with the intention of offering the most nutritionally, emotionally, socially, and sensory sound food experience, within our means, for every child and adult. Some produce items may change due to seasonal availability and freshness. 1% Unflavored Milk Served. This institution is an Equal Opportunity Provider.