

Quality Culinary
AFTERSCHOOL MEALS HOT SUPPER
FEBRUARY MENU

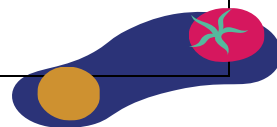
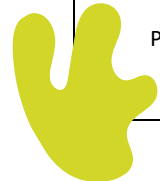


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Beef or Turkey Shepherds Pie (1c) Mashed Potato in entrée (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Bread (1) Milk 8oz	2-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
5-Chicken Alfredo Pasta (1c) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	6-Beef or Turkey Chili (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	7-Baked Ziti Pasta (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	8-Adobo Baked Chicken (3oz) Green Peas (1/2c) Pineapple or Mandarins Oranges (1/4c) WGR Rice (1/2c) Milk 8oz	9-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
12-Macaroni & Cheese (2/3c) Peas and Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	13-Chicken Patty (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	14-Picadillo (3oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	15-Baked Chicken Marinara (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	16-Arroz con Pollo (1c) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz
19-Cheeseburger Macaroni (3oz) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	20-Taco Beef or Turkey (2oz) Cheese (0.5oz) Mixed Green Salad (1c) Salad Dressing (1) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk 8oz	21-Chicken and Rice (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz	22-Beefaroni (3/4c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	23-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
26-Chicken Nuggets (5) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Bread (1) Milk 8oz	27-Sloppy Joe (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	28-Breaded Fish (3.6oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Bread (1) Milk 8oz	29-Spaghetti and Meat Sauce (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

Quality Culinary
AFTERSCHOOL MEALS COLD SUPPER
FEBRUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Turkey Breast (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	2-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) WGR Bun (1) Milk (8oz)
5-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	6-Buffalo Chicken Wrap (2.5oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	7-Roast Beef (2oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Mandarin Oranges or Cinnamon Apples (1/4c) WGR Pita (1) Milk (8oz)	8-Tuna (2oz) in Macaroni Salad (1/2c) Broccoli Florets (1/2c) Dip (1) Pineapple Tidbits (1/4c) WGR Crackers (0.8oz) Milk (8oz)	9-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
12-Tuna Salad (3oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches(1/4c) WGR Bun (1) Milk (8oz)	13-Beef Bologna (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bread (2) Milk (8oz)	14-Buffalo Chicken Wrap (2.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	15-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Broccoli Florets (1/2c) Dip (1) Pineapple Tidbits (1/4c) WGR Bun (1) Milk (8oz)	1-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
19-Tuna (2oz) in Macaroni Salad (1/2c) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches(1/4c) Milk 8oz	20-Roast Beef (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Pita (1) Milk (8oz)	21-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)	22-Beef Bologna (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple Tidbits (1/4c) WGR Bread (1) Milk (8oz)	23-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
26-Beef Bologna (2oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bread (2) Milk (8oz)	27-Turkey Breast (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	28-Tuna Salad (3oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Crackers (0.8oz) Milk (8oz)	29-Turkey Breast (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



Quality Culinary
AFTERSCHOOL MEALS SNACK
FEBRUARY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-IW WGR Savory Crackers (0.8oz) 100% Fruit Juice (6oz)	2-IW WGR Muffin (2oz) Milk 8oz
5-IW WGR Animal Crackers (1oz) Milk 8oz	6-IW WGR Cheese Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	7-IW WGR Pita Chips (0.8oz) Cheese Stick (1oz)	8-IW WGR Savory Crackers (0.8oz) 100% Fruit Juice (6oz)	9-IW WGR Muffin (2oz) Milk 8oz
12-IW WGR Graham Crackers (1oz) Milk 8oz	13-IW WGR Cheese Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	14-IW WGR Pretzels (0.8oz) Cheese Stick (1oz)	15-IW WGR Savory Crackers (0.8oz) 100% Fruit Juice (6oz)	16-IW WGR Muffin (2oz) Milk 8oz
19-IW WGR Animal Crackers (1oz) Milk 8oz	20-IW WGR Cheese Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	21-IW WGR Graham Crackers (1oz) Yogurt (4oz)	22-IW WGR Savory Crackers (0.8oz) 100% Fruit Juice (6oz)	23-IW WGR Muffin (2oz) Milk 8oz
26-IW WGR Graham Crackers (1oz) Milk 8oz	27-IW WGR Cheese Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	28-IW WGR Pita Chips (0.8oz) Cheese Stick (1oz)	29-IW WGR Savory Crackers (0.8oz) 100% Fruit Juice (6oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES IW= Individually Wrapped

