

EZ Meals - February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/31-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	2/1-BBQ Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Mandarins (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	2/2-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/3-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/4-*Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/7-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk(8oz)	2/8-Buffero Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/9-*Tuna Salad (3oz) Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% Milk (8oz)	2/10-Chicken (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Mandarins (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/11-*Beef Bologna & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/14-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Mandarins (1/4c) WG Crackers (22g) 1% Milk (8oz)	2/15-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/16-Tuna (2oz) & Cheese (.5oz) in *Macaroni Salad Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/17-*Beef Salami (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Pears (1/4c) WG Roll (28g) 1% Milk	2/18-*Beef Bologna & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/21-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	2/22-BBQ Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Mandarins (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	2/23-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/24-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/25-*Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/28-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk(8oz)	3/1-Buffero Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/2-*Tuna Salad (3oz) Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% Milk (8oz)	3/3-Chicken (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Mandarins (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/4-*Beef Bologna & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)