

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/31-*Chicken Nuggets (2oz) Ketchup Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WG Brown Rice(1/2c) 1% Milk (8oz)</p>	<p>2/1-*Hamburger (2oz) Ketchup or Mustard Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)</p>	<p>2/2-*Macaroni & Cheese Cheese in recipe (2oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>	<p>2/3-*BBQ Chicken (2oz) Corn (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>2/4-*Baked Ziti Pasta Ground beef or turkey (2oz) Cheese in recipe (.5oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>
<p>2/7-*Meatballs (3x1oz) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WG Brown Rice (25g) 1% Milk (8oz)</p>	<p>2/8-*Chicken Leg (2oz) Carrots (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>2/9-*Baked Ziti Pasta Ground beef or turkey (2oz) Cheese in recipe (.5oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>	<p>2/10-*Salisbury Steak (2oz) Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WG Soft Roll (25g) 1% Milk (8oz)</p>	<p>2/11--*Beef & Bean Burrito (2oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Tortilla (28g) 1% Milk (8oz)</p>
<p>2/14-Chicken Patty (2oz) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)</p>	<p>2/15-*Teriyaki Chicken (2oz) Corn (1/2c) Fresh Fruit (1/4c) WG Brown Fried Rice (1/2c) 1% Milk (8oz)</p>	<p>2/16-*Chicken Alfredo Pasta Chicken in recipe (2oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>	<p>2/17-*Beef & Bean Chili Beef & Beans in recipe (2oz) Green Peas (1/2c) Fresh Fruit (1/4c) WG Soft Roll (25g) 1% Milk (8oz)</p>	<p>2/18-*Beefaroni Beef in recipe (1.5oz) Cheese in recipe (.5oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>
<p>2/21-*Meatballs (3x1oz) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)</p>	<p>2/22-*Chicken Nuggets (2oz) Ketchup Baked Beans (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>2/23-*Beefaroni Beef in recipe(1.5oz) Cheese in recipe (.5oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>	<p>2/24-*Fajita Chicken (2oz) Corn (1/2) Fresh Fruit (1/4c) WG Tortilla (28g) 1% Milk (8oz)</p>	<p>2/25-*BBQ Beef (2oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WW Bun (25g) 1% Milk (8oz)</p>
<p>2/28-*Chicken Nuggets (2oz) Ketchup Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WG Brown Rice(1/2c) 1% Milk (8oz)</p>	<p>3/1-*Hamburger (2oz) Ketchup or Mustard Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WW Bun (25g) 1% Milk (8oz)</p>	<p>3/2-*Macaroni & Cheese Cheese in recipe (2oz) Green Beans (1/2c) Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>	<p>3/3-*BBQ Chicken (2oz) Corn (1/2c) Fresh Fruit (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>3/4-*Baked Ziti Pasta Ground beef or turkey (2oz) Cheese in recipe (.5oz) Carrot Sticks (1/2c) LF Ranch Dressing Fresh Fruit (no apples) (1/4c) WG Pasta in recipe (1/2c) 1% Milk (8oz)</p>