

February 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST  (Week 2)	3  4 oz Blended Juice x 2 2 Slice WG Bread 1 ea. Peanut Butter 2 pkt. Jelly 8 oz 1% Milk	4  4 oz Apple Juice 1 ea. Toasted Oats Cereal 1 Bagel 1 ea. Peanut Butter 8 oz 1% Milk	5  1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread 4 oz Applesauce 8 oz 1% Milk	6  <b>3 oz Cheeseburger</b> ½ cup Country Vegetable Medley ½ cup Butternut Squash 1 Hamburger Bun 4 oz Pineapple Juice 8 oz 1% Milk	7  <b>3 oz Diced BBQ Chickem</b> ½ cup Confetti Corn ½ cup Northern Beans w/Peppers & Onions 1 WW Roll 1 oz. Peanuts 8 oz. 1% Milk
LUNCH	<b>3 oz. Seasoned Chicken Thigh</b> ½ cup Peas & Carrots ½ cup Cheesy Mashed Potatoes 1 Slice WG Bread 4 oz. Apples Juice 1 pkt. Graham Crackers 8 oz 1% Milk	<b>3 oz Teriyaki Beef Patty</b> ½ cup carrot Coins ½ cup Gingered Brown Rice <b>4 oz. Apple Cherry Juice</b> <b>1 sl. WG Bread w/Margarine cup</b> <b>8 oz 1% Milk</b>	<b>8 oz Rotini Alfredo</b> ½ cup Broccoli ½ cup Winter Vegetable Medley 4 oz Blended Juice 1 WW Roll 1 oz Peanut Butter 8 oz 1% Milk	3 oz. Chicken Thigh w/Mojito Salsa ½ cup Broccoli ½ cup Black Beans 1 sl. WG Bread 1 Margarine cup 8 oz. 1% Milk	3 oz Meatloaf w/Brown Gravy ½ cup Cabbage & Carrots ½ cup Mashed Potatoes 1 sl. WG Bread 4 oz. Applesauce 1 Margarine cup 8 oz. 1% Milk
BREAKFAST  (Week 3)	10  <b>4 oz Blended Juice x 2</b> 2 sl. WG Bread 1 ea. Peanut Butter 2 pkts. Jelly 8 oz 1% Milk	11  4 oz Apple Juice 1 ea. Toasted Oats Cereal 1 Bagel 1 ea. Peanut Butter 8 oz 1% Milk	12  1 Hardboiled Egg 2 sl. WG Bread 2 sl. Cheese 4 oz Applesauce 8 oz 1% Milk	13  4 oz Blended Juice X 2 1 Hardboiled Egg 1 sl. Cheese 2 oz Ham 2 sl. WG Bread 8 oz 1% Milk	14  1 Hardboiled Egg 2 sl. WG Bread 2 sl. Cheese 4 oz Applesauce 8 oz 1% Milk
LUNCH	<b>3 oz Spicy Mustard Chicken Thigh</b> ½ cup California Vegetable Blend ½ cup Cheesy Mashed Potatoes 1 sl. WG Bread w/Margarine Cup 4 oz. Apple Juice 8 oz 1% Milk	<b>8 oz Vegetable Pasta Casserole</b> ½ Cup Green Beans ½ cup Glazed Carrots 2 sl. WG Bread w/Margarine cup 4 oz. Apple Cherry Juice 8 oz 1% Milk	<b>3 oz Cheeseburger</b> ½ cup Yellow Squash ½ cup Country Vegetable Medley 1 Hamburger bun 1 pkt. Mustard, Ketchup 4 oz Applesauce 8 oz 1% Milk	<b>3 oz Meatballs &amp; Marinara</b> ½ cup Broccoli ½ cup Pasta 1 WW Roll 1 pkt. Graham Crackers 1 Margarine cup 4 oz Blended Juice 8 oz 1% Milk	<b>3 oz. Chicken Thigh w/Gravy</b> ½ cup Black Eyed Peas ½ cup Mashed Potatoes 1 sl. WG Bread 1 Margarine cup 4 oz. Apple Juice 8 oz. 1% Milk <b>"Valentine's Day Dessert"</b>
BREAKFAST  (Week 4)	17  4 oz Apple Juice 1.5 oz Granola 2 oz Cottage Cheese 2 sl. WG Bread w/Margarine cup 8 oz 1% Milk	18  1 ea. Wheat Bran Cereal 1 WW English Muffin 1 ea. Peanut Butter 2 pkts. Jelly 4 oz. Applesauce 8 oz 1% Milk	19  4 oz. Blended Juice X 2 1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread w/margarine 8 oz. 1% Milk	20  4 oz Blended Juice X 2 2 sl. WG Bread 1 ea. Peanut Butter 2 pkts Jelly 8 oz 1% Milk	21  2 Hardboiled Eggs 1 sl. Cheese 1 Bagel 4 oz Applesauce 8 oz 1% Milk
LUNCH	<b>3 oz Sloppy Joe</b> ½ cup Peas & Carrots ½ cup Mashed Potatoes 1 WG Hamburger Bun 4 oz Applesauce 8 oz. 1% Milk	<b>3 oz Honey Orange Chicken Thigh</b> ½ c. Green Beans ½ c. Brown Rice 1 sl. WG Bread w/margarine 4 oz. Apple Juice 8 oz. 1% Milk	<b>8 oz. Penne Bolognese</b> ½ c. Glazed Carrots ½ c. Confetti Corn 1 sl. WG Bread w/margarine 1 Apple 8 oz. 1% Milk	3 oz Chicken Sandwich ½ cup Northern Beans w/Peppers & Onions ½ cup Buttered Squash 1 WG Hamburger Bun 1 pkt. Mustard & Ketchup 4 oz Blended Juice 8 oz 1% Milk	3 oz Meatballs w/Onion Beef Gravy ½ cup Country Vegetable Medley ½ cup Palsied Mashed Potatoes 1 sl. WG Bread 4 oz Mixed Fruit Cup 1 Margarine cup 8 oz 1% Milk
BREAKFAST  (Week 1)	24  1 ea., Wheat Bran Cereal 1 WW English Muffin 1 ea. Peanut Butter 4 oz. Applesauce 8 oz. 1% Low Fat Milk	25  <b>8 oz Beef Stroganoff Casserole</b> ½ cup Green Beans ½ cup Peas & Carrot 1 Slice WG Bread 4 oz Applesauce 8 oz. 1% Low Fat Milk	26  2 Hardboiled Eggs 2 Slice Cheese 2 Slices WG Bread 4 oz Apples Cherry Juice 8 oz. 1% Milk Low fat Milk	27  4 oz Blended Juice x 2 1 ea. Toasted Oats Cereal 1 WG Bagel 1 ea. Peanut Butter 8 oz 1% Milk	28  1 Hardboiled Egg 2 Slices Cheese 2 Slices WG Bread 4 oz. Applesauce 8 oz 1% Milk
LUNCH	<b>8 oz. Beef Stroganoff Casserole</b> ½ cup Green Beans ½ cup Peas & Carrots 1 sl. WG Bread 4 oz Applesauce 1 Margarine cup 8 oz 1% Milk	<b>3 oz Sweet &amp; Sour Meatballs</b> ½ Cup Yellow Squash ½ cup White Rice 1 Slice WG Bread 8 oz. 1% Low Fat Milk	<b>3 oz. Chicken Thigh w/ Mushroom Gravy</b> ½ cup Carrot Coins ½ cup Mashed Potatoes 1 WG Bread 1 Apple 1 Margarine cup 8 oz. 1% Low Fat Milk	<b>3 oz Cheeseburger</b> ½ cup Country Vegetable Medley ½ cup Butternut Squash 1 Hamburger Bun 4 oz Pineapple Juice 8 oz 1% Milk	<b>3 oz Diced BBQ Chickem</b> ½ cup Confetti Corn ½ cup Northern Beans w/Peppers & Onions 1 WW Roll 1 oz. Peanuts 8 oz. 1% Milk
BREAKFAST  (Week 2)				<b>This menu is subject to change!</b>	<b>West Lake Worth</b>
LUNCH					