

February 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 2)	2 2 sl. WG Bread 1 WG Banana Loaf 4 oz. Applesauce Peanut Butter 8 oz. 1% Milk	3 4 oz. Apple Cherry Juice 2 sl. Raisin Bread 1.5 oz Granola Peanut Butter 8 oz 1% Milk	4 4 oz. Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk	5 4 oz. Blended Juice 1 Hardboiled Egg Toasted Oats Cereal 2 sl. WG Bread w/margarine 1 sl. Cheese 8 oz 1% Milk	6 4 oz. Orange Juice 1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread/margarine cups 8 oz. 1% Milk
LUNCH	3 oz. Hamburger ½ c. Baked Beans ½ c. Diced Potatoes 1 Hamburger Bun Ketchup/mustard 8 oz. 1% Milk	8 oz. Chicken Alfredo ½ c. Green Beans ½ c. Parslied Carrots 1 WW Roll 1 pk. Sandwich Cookies 8 oz 1% Milk	3 oz. Sloppy Joes ½ c. Cabbage & Carrots ½ c. Cheesy Mashed Potatoes 1 Hamburger Bun 4 oz. Blended Juice 8 oz 1% Milk	3 oz. BBQ Chicken Thigh ½ c. Brussels Sprouts ½ c. White Rice 1 WG Roll 4 oz. Apple Cherry Juice 8 oz. 1% Milk	8 oz. Macaroni & Cheese ½ c. Stewed Tomatoes ½ c. Peas 1 sl. WG Bread 4 oz. Apple Juice 8 oz. 1% Milk
BREAKFAST (Week 3)	9 4 oz. Orange Juice Wheat Bran Cereal 2 sl. Rye Bread Peanut Butter 8 oz 1% Milk	10 4 oz. Apple Juice 1.5 oz. Granola 1 Bagel Cream Cheese 8 oz 1% Milk	11 4 oz. Apple Juice 2 Hardboiled Eggs 2 sl. Cheese 2 sl. WG Bread 8 oz Milk	12 4 oz Blended Juice WG Nanana Loaf Toasted Oats Cereal 1 sl. WW Bread Peanut Butter 8 oz 1% Milk	13 4 oz. Orange Juice 1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread/margarine cups 8 oz. 1% Milk
LUNCH	3 oz. Chicken Thigh in Onion Gravy ½ c. Black Eyed Peas ½ c. Parslied Mashed Potatoes 1 sl. WG Bread w/Margarine 4 oz. Apple Juice 8 oz 1% Milk	3 oz. Beef Teriyaki ½ c. Winter Vegetable Medley ½ c. Gingered Brown Rice 1 sl. WG Bread w/margarine 1 Apple 8 oz 1% Milk	3 oz. Dijon Chicken Salad ½ c. Cucumber & Red Onion ½ c. Creamy Broccoli Salad 1 sl. WG Bread 4 oz. Applesauce 8 oz 1% Milk	3 oz. Meatball Marinara Sub ½ c. Garlic Green Beans ½ c. Confetti Corn 1 Hot Dog Bun 1 oz Mozzarella Cheese 4 oz. Apple Cherry Juice 8 oz 1% Milk	3 oz. Sliced Roast Beef w/Mushroom Gravy ½ c. Green Bean Almondine ½ c. Scalloped Potatoes 1 sl. WG Bread w/margarine 8 oz. 1% Milk "Special Holiday Dessert"
BREAKFAST (Week 4)	16 4 oz Apple Cherry Juice 2 sl. Raisin Bread Peanut Butter 1 Nutri-Grain Bar 8 oz 1% Milk	17 4 oz. Apple Juice Mini Wheats Cereal 2 sl. Rye Bread Peanut Butter 8 oz 1% Milk	18 2 oz. Cottage Cheese 1.5 oz Granola 2 sl. WG Bread w/margarine 4 oz Applesauce 8 oz. 1% Milk "Special Holiday Dessert"	19 1 Hardboiled Egg 2 sl. Cheese 2 sl. WG Bread 2 Margarine cups 4 oz Orange Juice 8 oz 1% Milk	20 4 oz. Orange Juice 1 Hardboiled Egg 1 sl. Cheese 2 oz. Ham 2 sl. WG Bread 8 oz. 1% Milk
LUNCH	8 oz. Chicken & Rotini in Broccoli Cheese Sauce 1/2 c. Peas & Carrots 1/2 c. Corn w/ Diced Tomato 1 WW Roll w/margarine 8 oz. 1% Milk	3 oz. Meatloaf in Tomato Sauce ½ c. Country Vegetable Medley ½ c. Rice Pilaf 1 WW Roll w/margarine 4 oz. Apple Juice 8 oz. 1% Milk	3 oz. Chicken Patty w/Southwest Sauce ½ c. California Vegetables ½ c. White Rise 1 sl. WG Bread w/margarine 4 oz Apple Cherry Juice 8 oz. 1% Milk	3 oz Cheeseburger/ w/Cheese ½ cup Green Beans ½ cup Diced Sweet Potatoes 1 Hamburger bun 1 pkt. Ketchup/Mustard 4 oz Blended Juice 8 oz 1% Milk	3 oz. Chicken Thigh in chicken gravy ½ c. Carrit Coins ½ c. Butternut Squash 1 sl. WG Bread 1 pk. Graham Crackers 4 oz Apple Juice 8 oz. 1% Milk
BREAKFAST (Week 1)	23 Mini Wheats Cereal 2 sl. Rye Bread 1 ea. Peanut Butter 4 oz. Apple Juice 8 oz. 1% Low Fat Milk	24 2 oz. Cottage Cheese 2 sl. WG Bread Peanut butter/Jelly 4 oz. Citrus Fruit Cup 8 oz. 1% Low Fat Milk	25 1 Hardboiled Egg 1 sl. Cheese 2 oz Ham 2 sl. WG Bread 4 oz Orange Juice 8 oz.. 1% Milk Low fat Milk	26 4 oz. Apple Juice 2 sl. Raisin Bread Peanut Butter 1 Nutri-Grain Bar 8 oz 1% Milk	27 4 oz. Apple Juice 2 Hardboiled Eggs 2 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk
LUNCH	3 oz. Balsamic Chicken Thigh ½ cup Brussels Sprouts ½ c. Mashed Sweet Potatoes 1 sl. WG Bread 4 oz. Apple Cherry Juice 8 oz 1% Milk	8 oz. Pasta w/Meat Sauce ½ c. Carrot Coins ½ c. Winter Vegetable Medley 1 sl. WG Bread/Margarine 4 Oz Fruit Cup 8 oz. 1% Low Fat Milk	3 oz. Chicken Sandwich ½ cup Country Vegetable Medley ½ c. Northern Beans/peppers & Onions 1 Hamburger Bun 4 oz. Apple Juice 8 oz. 1% Low Fat Milk	3 oz NY Strip in Brown Gravy ½ c. Peas & Carrots ½ c. Potato Onion Souffle 1 sl. WG Bread/margarine 4 oz. Blended Juice 1 WW Roll 8 oz 1% Milk	3 oz Meatballs in Honey Orange Sauce ½ c. Sesame Green Beans ½ c. Confetti Corn 1 sl. WG Bread 1 pk. Crackers 4 oz. Apple Cherry Juice 8 oz. 1% Milk
BREAKFAST (Week 2)					
LUNCH				West Lake Worth!	This menu is subject to change!