

February BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		French Toast (1 slice) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Sliced Peaches (1 c) Milk (8oz)	Corn Flakes (1.5 c) Fresh Blueberries * (1 c) Milk (8oz)
6	7	8	9	10
Pancake (2 oz) Turkey Sausage (1 oz) Apple (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Honeynut Cheerios (1.5 c) Banana * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)
13	14	15	16	17
Pancake (2 oz) Turkey Sausage (1 oz) Apple (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Guava & Pineapple (1 c) Milk (8oz)	Oatmeal (1.5 c) Fresh Blueberries * (1 c) Milk (8oz)	SCHOOL CLOSED MID-YEAR RETREAT
20	21	22	23	24
SCHOOL CLOSED PRESIDENT'S DAY	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Honeynut Cheerios (1.5 c) Banana * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)
27	28			
Pancake (2 oz) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)			

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

February LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Roast Pork Tenderloin (2 oz) Mashed Sweet Potatoes (1/2 c) Corn (1/2 c) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Don Bosco Olympics Bag Lunches
6	7	8	9	10
Chicken Tenders (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Corn (3/4 c) Pineapple Chunks (1 c) Milk (8oz)	Sloppy Casserole (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Water Melon * (1 c) Milk (8oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Turkey Dog (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8oz)
13	14	15	16	17
Taco w/ Ground Turkey (2 oz) and Diced Tomato (1/4 c) Iceberg Lettuce (1/4 c) Mexican Brown Rice (1 c) Tomato Sauce (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Corn Tortilla (1.5 oz) Milk (8oz)	Meatball Sub (2 oz) Tomato Sauce (1/2 c) Salad : Romaine&MesclunMix (1 c) Tomato & Cucumber (1/8 c) with Italian Dressing (1.5 oz) Fresh Water Melon * (1 c) Whole Grain Sub Roll (2 oz) Milk (8oz)	Turkey Loaf (2 oz) Mashed Sweet Potatoes (1/2 c) Onion & Green Pepper (1/4 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Peas (1 c) Mandarin Orange Slices (1 c) Milk (8oz)	SCHOOL CLOSED MID-YEAR RETREAT
20	21	22	23	24
SCHOOL CLOSED PRESIDENT'S DAY	Chicken Parmesan (2 oz) Whole Grain Linguini (1 c) Tomato Sauce (1/2 c) Green Beans (3/4 c) Guava & Pineapple (1 c) Milk (8oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Baked Chicken (2 oz) Roasted Red Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
27	28			
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8oz)	Hamburger (2 oz) Lettuce & Tomato (1/4 c) Potato Wedges (3/4 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)			

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Harrisberg Dairy, PA

Bowie Produce, Landover MD