

February BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
			Fresh Strawberries * (1 c)	Orange Slices * (1 c)
			Granola Topping (1/4 c)	
			Milk (8oz)	Milk (8oz)
5	6	7	8	9
Pancake (2 oz)	Scrambled Egg (1 lg)	French Toast (1 slice)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Turkey Sausage (1 oz)	Fresh Strawberries * (1 c)	Orange Slices * (1 c)
Sliced Peaches (1 c)	Whole Grain Bagel (2 oz)	Fresh Cantaloupe * (1 c)	Granola Topping (1/4 c)	
	Applesauce (1 c)			
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
12	13	14	15	16
Pancake (2 oz)	Scrambled Egg (1 lg)	French Toast (1 slice)	Vanilla Yogurt (4 oz)	Staff Retreat School Closed
Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Turkey Sausage (1 oz)	Banana * (1 c)	
Fresh Cantaloupe * (1 c)	Whole Grain Bagel (2 oz)	Diced Pears (1 c)	Granola Topping (1/4 c)	
	Applesauce (1 c)			
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	
19	20	21	22	23
SCHOOL CLOSED PRESIDENT'S DAY	Pancake (2 oz)	French Toast (1 slice)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)
	Turkey Sausage (1 oz)	Turkey Sausage (1 oz)	Fresh Strawberries * (1 c)	Orange Slices * (1 c)
	Fresh Cantaloupe * (1 c)	Apple * (1 c)	Granola Topping (1/4 c)	
	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
26	27	28		
Pancake (2 oz)	French Toast (1 slice)	Scrambled Egg (1 lg)		
Turkey Sausage (1 oz)	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)		
Guava & Pineapple (1 c)	Diced Pears (1 c)	Whole Grain Bagel (2 oz)		
		Applesauce (1 c)		
Milk (8oz)	Milk (8oz)	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

Harrisburg Dairy, PA

February LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Corn (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Sliced Turkey Sandwich (2 oz) Potato Banana (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)
5	6	7	8	9
Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Broccoli (1 c) Fresh Cantaloupe * (1 c) Milk (8oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Green Beans (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Lettuce & Tomato (1/4 c) Curried Chick Peas (1 c) Mandarin Orange Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Honeydew melon * (1 c) Milk (8 oz)	Hamburger (2 oz) Lettuce & Tomato (1/4 c) Potato Wedges (3/4 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
12	13	14	15	16
Taco Bowl w/Ground Beef (2 oz) Dice Tom & Tomato Sauce (1/2 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Milk (8 oz)	Fajita Turkey (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Corn (1/2 c) Fresh Watermelon * (1 c) Milk (8 oz)	Beef Curry (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Tomato Sauce (1/2 c) Curried Chick Peas (1/2 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Green Beans (1/2 c) Guava & Pineapple (1 c) Milk (8oz)	SCHOOL CLOSED STAFF RETREAT
19	20	21	22	23
SCHOOL CLOSED PRESIDENT'S DAY	All Beef Hot Dog (2 oz) Potato Wedges (1 c) Mandarin Orange Slices (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1 c) Sliced Carrots (1 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
26	27	28		
Sloppy Joe (1 c) with Ground Beef (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Sliced Turkey Breast (2 oz) Turkey Gravy (1/4 c) Brown Rice (yellowrecipe) (1 c) Broccoli (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	BBQ Chicken Sandwich (2 oz) Baked Beans (Veggie) (1 c) Fresh Watermelon * (1 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)		

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Bowie Produce, Landover MD