

# February BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)
4	5	6	7	8
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c)  Milk (8oz)	Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Fresh Watermelon * (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c)  Milk (8oz)	Vanilla Yogurt  Fresh Cantaloupe * (1 c) Granola Topping (1/4 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c)  Milk (8oz)
11	12	13	14	15
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)  Milk (8oz)	Vanilla Yogurt  Banana * (1 c) Granola Topping (1/4 c)  Milk (8oz)	<b>SCHOOL CLOSED</b>  <b>RETREAT</b>
18	19	20	21	22
<b>SCHOOL CLOSED</b>  <b>PRESIDENTS DAY</b>	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)  Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Banana * (1 c)  Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c)  Milk (8oz)
25	26	27	28	
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)  Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c)  Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c)  Milk (8oz)	Vanilla Yogurt  Banana * (1 c) Granola Topping (1/4 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 Harrisburg Dairy, PA

## February LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				Sliced Turkey Sandwich (2 oz) Potato Salad (1 c) Nutri Grain Bar (2 oz) Banana * (1 c) Whole Grain Wheat Bread (2 slice) Mayonaisse (1.5 oz) Milk (8oz)
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
All Beef Hot Dog (2 oz) Potato Wedges (1 c) Fresh Water Melon * (1 c) Whole Grain Hot Dog Roll (2 oz)  Milk (8 oz)	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)	Meat Ball Sub (2 oz) Tomato Sauce (1/2 c) Green Beans (3/4 c) Whole Grain Sub Roll (2 oz) Banana * (1 c) Milk (8 oz)	Red Curry Chicken (1.5 oz) Curried Tomato Sauce (1/2 c) Brown Rice (yellowrecipe) (1 c) Curried Kidney Beans (1/2 c) Mandarin Orange Slices (1/4 c) Milk (6 oz)	Grilled Cheese Sandwich (2 oz) Tomato Soup (1 c) Guava & Pineapple (1 c)  Whole Grain Wheat Bread (2 slice) Milk (8 oz)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Patty Sandwich (2 oz) Potato Wedges (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Macaroni & Cheese(2 oz) (1 c) Elbow Macaroni (1 c) Sliced Carrots (1 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Wheat Sub Roll 6" (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Fresh Water Melon * (1 c) Milk (8oz)	<u>Breakfast for Lunch</u> Scrambled Egg (1 oz) Turkey Sausage (1 oz) Pancake (1/2 c) Hash Brown Potatoes w/ (1/2 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Mandarin Orange Slices (1 c) Milk (8 oz)	<b>SCHOOL CLOSED</b>  <b>RETREAT</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>SCHOOL CLOSED</b>  <b>PRESIDENTS DAY</b>	Teri-Yaki Meatballs (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (1/2 c) Green Beans (1/4 c) Green Peas (1/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Caesar Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Cinnamon Apple Slices (1 c) Milk (8 oz)	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)	Peruvian Chicken (2 oz) Peruvian Brown Rice (1 c) w/ Red Kidney Beans (1/2 c) Diced Tomato (1/4 c) Corn (1/2 c) Fresh Water Melon * (1 c) Milk (8 oz)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Hamburger (2 oz) Potato Wedges (1 c) Guava & Pineapple (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 Cantaloupe * (1 c) Milk (8 oz)	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)	Lemon Curry Chicken (1.5 oz) Brown Rice (yellowrecipe) (1 c) Curried Chick Peas (1 c) Fresh Watermelon * (1/4 c) Milk (6 oz)	

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All Fruit Juices are 100% Juice                      Harrisberg Dairy, PA                      Bowie Produce, Landover MD