


BEGINNINGS AND BEYOND- COWGILL STREET CENTER ~ FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					1 Buttermilk Biscuit Banana Milk
LUNCH					Chicken 'N Dumplings Green Beans Applesauce Milk
SNACK					W.G. Brown Rice Cakes 100% Apple or Cran/Grape Juice
BREAKFAST	4 Corn Chex Cereal Pineapple Milk	5 Rice Krispies Peaches Milk	6 Buttered Raisin Toast Applesauce Milk	7 Golden Porridge (W.G. Oatmeal) Oranges Milk	8 Whole Wheat Toast Banana Milk
LUNCH	Grilled Cheese on Whole Wheat Bread California Blend Veg. Pears Milk	Tasty Chicken Tenders Mixed Vegetables W.W. Bread Triangles Mixed Fruit Milk	Turkey Meatloaf Mashed Potatoes Dinner Roll Oranges Milk	Chicken with Broccoli Lo Mein Noodles Peaches Milk	H.M. Macaroni and Cheese Mixed Vegetables Peaches Milk
SNACK	H.M. Garlicky Breadsticks Tomato Dipping Sauce Water	Banana Whip Graham Crackers Water	W.G. Triscuit Crackers 100% Apple or Cran/Grape Juice	Pretzels 100% Apple or Cran/Grape Juice	Cheeze-It Crackers 100% Apple or Cran/Grape Juice
BREAKFAST	11 W.W. French Toast/Maple Syrup Pineapple Milk	12 W.G. Kix Cereal Pears Milk	13 Corn Muffin Applesauce Milk	14 Buttered Mini Bagel Peaches Milk	15 NO SCHOOL
LUNCH	Homemade Cheese Pizza Broccoli Pears Milk	Kid's Favorite Chili (Gr.Turkey,Veg.) Brown Rice Applesauce Milk	Pizza Casserole (Gr.Beef,W.G.Pasta) Mixed Vegetables Pineapple Milk	VALENTINE'S DAY LUNCH Chicken Stroganoff (Chicken,Pasta,Peas) Mixed Fruit Milk	 TEACHING IS A WORK OF HEART
SNACK	Pretzel Rods 100% Apple or Cran/Grape Juice	CHEX MIX (Chex Cereal, Pretzels, Raisins) 100% Apple or Cran/Grape Juice	Goldfish Crackers 100% Apple or Cran/Grape Juice	W.G. Cupid's Crunch 100% Apple or Cran/Grape Juice	IN SERVICE DAY
BREAKFAST	18 Raisin Toast Peaches Milk	19 W.G. Kix Cereal Mixed Fruit Milk	20 Pancakes/Pure Maple Syrup Pears Milk	21 W.W. Toast Oranges Milk	22 Corn Chex Cereal Peaches Milk
LUNCH	Crispy Baked Fish Peas and Carrots W.W. Bread Triangles Pears Milk	Turkey Noodle Dinner (Gr.Turkey,Noodles) Broccoli Oranges Milk	All Natural Turkey Hot Dogs Hot Dog Bun Baked Beans Mixed Fruit Milk	Pasta with Tomato Sauce Meatballs Chicken Carrots Mixed Fruit Milk	Terriaki Chicken Not "Fried" Fried Rice Green Beans Pineapple Milk
SNACK	Animal Crackers 100% Apple or Cran/Grape Juice	Corn Tortilla Chips Salsa Water	W.G. Wheat Thins 100% Apple or Cran/Grape Juice	Teddy Bites (Teddy Grahams,Pretzels,Raisins) 100% Apple or Cran/Grape Juice	W.G.Brown Rice Cakes 100% Apple or Cran/Grape Juice
BREAKFAST	25 Buttermilk Biscuits Banana Milk	26 Corn Flakes Pears Milk	27 Golden Porridge (w.G. Oats) Mixed Fruit Milk	28 Waffles/Pure Maple Syrup Peaches Milk	
LUNCH	BREAKFAST FOR LUNCH Scrambled Eggs Pop's Potatoes W.W. Bread Triangles Oranges Milk	Spaghetti Pie (Gr.Beef,Pasta) Green Beans Peaches Milk	Chicken Melties on English Muffins Corn Oranges Milk	Meatballs in Brown Gravy Cous Cous Carrots Pears Milk	
SNACK	Saltine Crackers Cheese Slices Water	W.G. Crunchy Oat 'n Rice Squares 100% Apple or Cran/Grape Juice	Goldfish Crackers 100% Apple or Cran/Grape Juice	W.G. Fruity Oat Mix 100% Apple or Cran/Grape Juice	

We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!