



Schools	<b>February 2023</b>				
REVISED:	Monthly Meal Planner				
1-13-2023	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 1			<b>1</b>	<b>2</b>	<b>3</b>
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 1/2 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option			Chicken Alfredo Berries Broccoli Bread Slice [Vgtrn Cheesy Alfredo]	Breakfast Sausage Banana Potatoes Pancake(s) [Vgtrn Sausage]	Cheesy French Bread w/ Marinara Melon Mixed Vegetables French Bread Crust [N/A]
Week 2	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 1/2 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Burger w/ cheese Apple Fries Hamburger Bun [Vgtrn Patty w/ cheese]	Chicken Fingers Pears Green Beans Mini Cornbread Loaf [Vgtrn Sub Nuggets]	Breakfast Sausage Berries Potatoes Apple Cinnamon Texas Toast [Vgtrn Sausage]	Walking Taco w/ cheese Banana Shredded Lettuce Chips [Vgtrn Beans & Rice w/ cheese]	Tony's Cheese Pizza Peaches Broccoli Pizza Crust [N/A]
Week 3	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 1/2 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Beef Hot Dog Apple Vgtrn Baked Beans Hot Dog Bun [Vgtrn Meatball Hoagie w/ cheese]	Breakfast Sausage Berries Potatoes Waffle [Vgtrn Sausage]	"Our" Mac-N-Cheese Pears Garden Salad Bread Slice [N/A]	Chicken Nuggets Banana Corn Grahams [Vgtrn Sub Nuggets]	French Bread Cheese Pizza Melon Cucumber Slices Pizza Crust [N/A]
Week 4	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 1/2 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	No School President's Day	Mini Corn Dogs Orange Vgtrn Baked Beans Cornmeal Breading [Oven Baked Cheese Panini]	3-Way Chili Spaghetti w/ cheese Pears Garden Salad Bread Slice [Spaghetti Marinara w/ cheese]	Breakfast Sausage Banana Potatoes Pancake(s) [Vgtrn Sausage]	The Max Cheese Pizza Peaches Carrots Pizza Crust [N/A]
Week 5	<b>27</b>	<b>28</b>			
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c eq Veg 1/2 - 1 c eq Grains 1 - 2 oz eq Vgtrn Option	Beef Hot Dog Apple Vgtrn Baked Beans Hot Dog Bun [Vgtrn Meatball Hoagie w/ cheese]	Breaded Chicken Fries Orange Cooked Peas Bread Slice [Vgtrn Sub Nuggets]			