

February 2023

<p>6 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Quesadilla, rice, refried beans</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p>	<p>7 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Mac and cheese, broccoli,</p> <p>Deli: Turkey & Cheese sandwich fresh broccoli w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>8 Wednesday</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>9 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Country baked chicken, mashed potato, gravy, peas, biscuit</p> <p>Deli: Turkey and cheese sandwich fresh broccoli with ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p>10 Friday</p> <p>Breakfast: Egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: 2 baked cheese sticks, marinara sauce, romaine salad</p> <p>Deli: Ham and cheese sandwich fresh carrots with ranch dip</p> <p>Salad: Chicken Caesar w/romaine mix, parmesan cheese and a roll</p>
<p>13 Monday</p> <p>Breakfast: French toast w/ syrup, or assorted cereal</p> <p>Lunch: BBQ rib sandwich, potato salad, carrots and ranch</p> <p>Deli: Ham and cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese & roll</p>	<p>14 Tuesday VALENTINES DAY</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Chicken and waffles, candied yams</p> <p>Deli: Turkey & Cheese Sandwich broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>15 Wednesday</p> <p>Breakfast: Egg , ham and cheese on a waffle or assorted cereal</p> <p>Lunch: American chop suey, tossed salad, roll</p> <p>Deli: Ham & Cheese Sandwich w/ black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p>	<p>16 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Oven fried chicken, red beans and rice, cornbread</p> <p>Deli: Turkey & Cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>17 Friday</p> <p>Breakfast: Egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: Pizza, romaine salad</p> <p>Deli: Ham and cheese sandwich fresh broccoli w/ ranch dip</p> <p>Salad: chicken Caesar w/ romaine mix, parmesan cheese and roll</p>