

February 2023

March

<p>27 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Cheeseburger, lettuce and tomato, French fries</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>28 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Jag (rice, beans , linguicia) roll</p> <p>Deli: Turkey & Cheese sandwich fresh broccoli w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>1 Wednesday</p> <p>Breakfast: Egg, ham and cheese on a waffle or assorted cereal</p> <p>Lunch: Hamburg and gravy, over mashed potato, carrots, and a roll</p> <p>Deli; Ham & cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, parmesan cheese, croutons and a roll</p>	<p>2 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Chicken, broccoli alfredo, over penne pasta</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>3 Friday</p> <p>Breakfast: Egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Professional</p> <p>Development</p> <p>Day</p>
<p>6 Monday</p> <p>Breakfast: French toast w/ syrup, or assorted cereal</p> <p>Lunch: Spicy chicken patty, seasoned potatoes</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>7 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Chili and cheese over tortilla chips</p> <p>Deli: Turkey & Cheese Sandwich broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>8 Wednesday</p> <p>Breakfast: Egg , ham and cheese on a waffle or assorted cereal</p> <p>Lunch: Orange chicken, rice, broccoli, fortune cookie</p> <p>Deli: Ham & Cheese Sandwich w/ black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p>	<p>9 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Ravioli, green beans, garlic bread</p> <p>Deli: Turkey & Cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>10 Friday</p> <p>Breakfast: Egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: Bacon 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>