





## February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Chicken Bites</b> Seasoned Corn Italian Style Chickpeas Orange Wedges
<i>* Weekly Alternate Cream Cheese &amp; Veggie Wrap*</i>				
4 <b>Chicken Nuggets</b> Steamed Broccoli Caesar Salad Mandarin Oranges	5 <b>Potato &amp; Cheese Pierogi</b> Peas & Corn Veggie Sticks Cinnamon Apples	6 <b>Chicken Patty on Bun</b> Romaine Lettuce BBQ Chickpeas Garden Salad Peaches	7 <b>All Beef Hot Dog</b> Tater Tots Creamy Cole Slaw Banana	8 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Sausage Links Spinach & Veggie Salad Applesauce
<i>* Weekly Alternate Hot Ham &amp; Cheese*</i>				
11 <b>BBQ Chicken Legs</b> Spiced Corn Broccoli Pasta Salad Peaches	12 <b>Penne &amp; Meatballs</b> Garlic Broccoli Caesar Salad Cinnamon Apples	13 <b>Cheeseburger</b> Lettuce & Tomato Tater Tots Italian Style Chickpeas Clementine Orange	14 <b>HAPPY VALENTINES DAY</b> <b>Mrs. Boub's Taco Salad</b> Smashed Shells, Beef, Rice Cheese and Lettuce, Salsa Strawberries 	15 <b>Pizza Bagel</b> Steamed Cauliflower Baby Carrots Fresh Pineapple
<i>* Weekly Alternate Turkey &amp; Cheese Flatbread*</i>				
18 <b>Mrs Deebles Day</b> <b>Chicken Parmesan</b> Mashed Potatoes Maple Brussel Sprouts Fruit Cobbler	19 <b>ALLEN ANDERSON DAY</b> Curry Spiced bone in Chicken Steamed Rice Steamed Broccoli & Carrots Salad with Italian Dressing Strawberries	20 <b>Macaroni &amp; Cheese</b> Steamed Green Beans Spinach & Tomato Salad Applesauce	21 <b>B.Y.O. Taco Thursday</b> Beef, Cheese, Lettuce Salsa Corn & Black Bean Salad Steamed Rice Orange Wedges	22 <b>Roast Turkey Pot Pie</b> Whole Grain Biscuit Crust Celery, Corn, Peas, Carrots Cucumber Salad Fresh Pineapple
<i>* Weekly Alternate Tuna Salad on Yummy Bread*</i>				
28 <b>Chicken Nuggets</b> Rotini with Chickpeas Garden Salad Cinnamon Apples	26 <b>Sweet-n-Sour</b> <b>Meatball Bowl</b> Brown Rice and Broccoli Salad with Ginger Dressing Orange Wedges	27 <b>Potato &amp; Cheese Pierogi</b> Corn & Peas Cucumber & Tomato Pineapple Crumble	28 <b>B.Y.O. Taco Thursday</b> Beef, Cheese, Lettuce, Salsa Steamed Rice Orange Wedges	
<i>* Weekly Alternate Egg Salad on Toast *</i>				

Start every day with a **Healthy Breakfast!**

**Monday:** Waffle Bar; Pick Your Toppings  
Bacon Crumbles, Fresh Fruit,  
Maple Syrup, Whipped Cream

**Tuesday:** Homemade Cinnamon Roll **OR**  
Fresh Baked Muffin  
Fruit & Yogurt Parfait

**Wednesday:** Pancakes & Bacon  
Local Maple Syrup

**Thursday:** Tater Tot Breakfast Bowl  
Tots, Scrambled Egg, Cheese

**Friday:** Turkey Sausage Biscuit  
Roasted Potatoes

**All Breakfasts Served with Choice of**  
**Low or Non-Fat Milk, Fresh Fruit &**  
**100% Fruit Juice**

**Alternate Breakfast:**  
Choice of Whole Grain Cereals  
Oatmeal Available on Select Days

**Meal Pricing**

Regular Price Breakfast \$1.05  
Reduced Price Breakfast \$0.30

Regular Price Lunch \$2.45  
Reduced Price Lunch: \$0.40

Adult Breakfast \$2.00  
Adult Lunch \$3.50

Fruits and veggies may change due to local availability & freshness—we proudly support local farmers & producers.  
Bear Creek Community is an equal opportunity provider.