

February Menu

NORTH ZULCH!

A Chef Salad, Milk, and an Uncrustable Grab N' Go will also be offered.

Monday	Tuesday	Wednesday	Thursday	Friday
January 31 Soup and Sandwich Baked Chips Lettuce & Pickles Carrot Dippers Fruit Salad	1 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Banana Sundaes	2 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Vegetables Side Salad Fruit Cup	3 Chicken Nuggets or Steak Fingers Hot Roll Mashed Potatoes Seasoned Vegetables Garden Salad Pineapple Fluff	4 BBQ Sub or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
7 Chicken & Waffles or Chicken Strips Carrot Dippers Steamed Vegetables Fruit Cup	8 Tornados or Burritos Side Salad Pinto Beans Spanish Rice Homemade Salsa Berries & Cream	9 Spaganza with Garlic Toast or Pizza Seasoned Vegetables Side Salad Fruit Cup	10 Smothered Steaks or Drumsticks with Hot Roll Mashed Potatoes Steamed Broccoli Fruit Crisp	11 Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
14 Stuffed Baked Potato with Hot Roll or BBQ on Bun Baked Beans Carrot Dippers Fruit Salad	15 Nachos Lettuce & Tomato Refried Beans Spanish Rice Homemade Salsa Banana Sundaes	16 Lasagna with Garlic Toast or Pizza Steamed Broccoli Tossed Salad Fruit Cup	17 Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	18 <i>Enjoy Your Day Off!</i>
21 <i>Enjoy Your Day Off!</i>	22 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup	23 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Green Beans Side Salad Fruit Cup	24 Country Chicken Bowl or Chicken Bucket Hot Roll Seasoned Vegetables Pineapple Fluff	25 Bacon Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit

Chocolate Sweetheart Parfait



Ingredients:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup chocolate chips

What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate chips.

Serve or refrigerate until ready to serve. ENJOY!

*<http://kidshealth.org>

Breakfast



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Yogurt & Muffin	Eggs w/ Bacon & Toast	Cini Minis	Breakfast Taco	Pig in a Blanket
Week 2 & 4	Pancake Wrap	Eggs w/ Sausage & Toast	Biscuits and Sausage	Eggo Waffles	B.O.B. Breakfast on Bun

This institution is an equal opportunity provider.