

# FEBRUARY MEALS

## BREAKFAST

## LUNCH

## DINNER

1

Yogurt parfait with strawberries and granola

English muffin pizzas  
Carrots with ranch

Chicken + Broccoli  
Fettucine Alfredo  
Texas Toast

2

Cherrios with banana

Leftover chicken and broccoli alfredo

Tacos

3

Scrambled eggs + cheese  
Strawberries  
Toast

Chicken noodle soup  
PB & J sandwich

Ground beef and green bean casserole

4

Fried egg w/ cheese over sliced avocado on toast  
Banana

Turkey sandwich  
Yogurt  
Strawberries

Chicken chili

5

Waffles with syrup  
Strawberries  
Yogurt

Leftover chicken chili

Sloppy joes  
Peas

6

Scrambled eggs + cheese  
Breakfast sausage  
Banana  
Toast

Turkey rolls  
Pretzels  
Cheese  
Apple slices

Sweet potato, onion, chicken, broccoli bake

7

Bell pepper, onion, cheese omelet  
Strawberries  
Toast

Grilled cheese sandwich  
Tomato soup

Tuna casserole