

FEBRUARY MEALS

BREAKFAST

LUNCH

DINNER

8

English muffin w/ pb
Yogurt
Blueberries

Leftover tuna casserole

Spaghetti w/ meatballs
Texas toast

9

Scrambled eggs w/ ch.
Breakfast sausage
Toast
Banana

Ham + cheese rolls
Pretzels
Pickles
Apple slices

Chicken fried rice

10

Cherrios w/ banana

Macaroni + cheese
Broccoli
Blueberries

Slow cooker beef stew
Italian bread

11

Yogurt parfait w/
blueberries and granola

Leftover beef stew

Crispy chicken ranch wraps
w/ cheddar and lettuce

12

Fried egg w/ cheese
over sliced avocado
on toast
Blueberries

English muffin pizzas
Carrots w/ ranch

Shepards pie

13

Pancakes w/ syrup
Banana

Leftover shepards pie

Slow cooker chili
Cornbread

14

Bagel w/ cream cheese
Blueberries

Leftover chili

Chicken + black bean
quesadillas w/
sour cream + salsa