

FEBRUARY MEALS

BREAKFAST

LUNCH

DINNER

22

Cherrios w/ banana

Chicken nuggets
Greens beans
Strawberries

Cheesy kielbasa
broccoli + rice skillet

23

Fried egg + ch. over
sliced avocado on toast

Leftover kielbasa skillet

Chicken parm
Penne w/ sauce

24

Yogurt parfait w/
blueberries + granola

Macaroni + cheese
Peas
Carrots

Copycat KFC bowls

25

Waffles w/ syrup
Yogurt
Strawberries

Ham and ch. sandwich
Pickles
Blueberries

Spinach lasagna rolls

26

Bell pepper + ch. omelet
Toast
Blueberries

Chicken nuggets
Peas
Strawberries

French dip sandwiches
Broccoli

27

Scrambled eggs + ch.
Breakfast sausage
Toast
Strawberries

Ham and ch. rolls
Crackers
Apple slices
Carrots

Italian sausage +
pepper pasta

28

Pancakes w/ syrup
Yogurt
Strawberries

Leftover Italian
sausage pasta

Chicken patty sandwiches
Sweet potato fries