

# FEBRUARY MEALS

## BREAKFAST

## LUNCH

## DINNER

15

French toast w/ syrup  
Strawberries  
Yogurt

Macaroni + cheese  
Peas  
Apple slices

Sheet pan kielbasa  
+ veggies

16

Scrambled eggs + cheese  
English muffin w/ butter  
Banana

Chicken noodle soup  
PB + J sandwich

Chicken broccoli  
cheese and rice  
casserole

17

Yogurt parfait w/  
strawberries + granola

Leftover chicken  
broccoli casserole

Frozen pizzas

18

Cherrios w/ banana

Chicken nuggets  
Peas  
Yogurt  
Raspberries

Chicken tacos

19

Waffles w/ syrup  
Yogurt  
Raspberries

Cheese quesadillas w/  
sour cream and salsa

Meatball grinders  
Green beans

20

Fried egg w/ ch.  
over sliced avocado  
on toast  
Banana

Tuna melt  
Pickles

Baked chicken  
Roasted carrots  
Stovetop chicken stuffing

21

Bell pepper + ch. omelet  
English muffin  
Raspberries

Crackers  
Cheese  
Apple slices  
Carrots

Slow cooker BBQ  
pulled pork over rice  
Peas