

# February 2017 -Seal Beach

|   |   |  |   |  |
|---|---|--|---|--|
| 6<br>B: Waffles & milk<br>S1: Dried cranberries<br>L: Cheesy Orzo<br>S2: Pretzels   | 7<br>B: Raisin Bread & milk<br>S1: Pretzels & hummus<br>L: Turkey & cheese roll ups, chips<br>S2: Fruit snacks      | 8<br>B: Cereal & milk<br>S1: Sliced apples<br>L: Thomas, Liam & Bryce's Pizza Party<br>S2: Nutrigrain bar                | 9<br>B: Oatmeal<br>S1: Sliced apples<br>L: Mac & Cheese w/ squash<br>S2: Animal crackers                  | 10<br>B: English muffin<br>S1: Veggies & ranch<br>L: Pasta in marinara & parmesan cheese<br>S2: Cheese or peanut butter & crackers |
| 13<br>B: English muffin<br>S1: Veggies & ranch<br>L: Chicken salad sandwich & chips<br>S2: Cheese or peanut butter & crackers | 14<br>B: Waffles & milk<br>S1: Valentine's Day Snack<br>L: Bean burritos, rice & corn<br>S2: Pretzels               | 15<br>B: Raisin Bread & milk<br>S1: Nature Valley bar<br>L: Turkey & cheese sandwich & chips<br>S2: Fruit snacks         | 16<br>B: Cereal & milk<br>S1: Sliced apples<br>L: Chicken nuggets, rice & Peas<br>S2: Nutrigrain bar      | 17<br>B: Oatmeal<br>S1: Sliced apples<br>L: Fish sticks, rice & Peas<br>S2: Animal crackers  |
| 20<br>B: Oatmeal<br>S1: Sliced apples<br>L: Brock, Nolan & Ms. Kiley's Pizza Party<br>S2: Animal crackers                     | 21<br>B: English muffin<br>S1: Veggies & ranch<br>L: Meatballs & marinara<br>S2: Cheese or peanut butter & crackers | 22<br>B: Waffles & milk<br>S1: Dried cranberries<br>L: PB&J and Chips<br>S2: Pretzels                                    | 23<br>B: Raisin Bread & milk<br>S1: Nature Valley bar<br>L: Cheesy Orzo<br>S2: Fruit snacks               | 24<br>B: Cereal & milk<br>S1: Sliced apples<br>L: Cheese Quesadilla, rice & black beans<br>S2: Nutrigrain bar                      |
| 27<br>B: Cereal & milk<br>S1: Sliced apples<br>L: Chicken Taquitos, rice & black beans<br>S2: Nutrigrain bar                  | 28<br>B: Oatmeal<br>S1: Sliced apples<br>L: Turkey & cheese sandwich & chips<br>S2: Animal crackers                 | 1<br>B: English muffin<br>S1: Veggies & ranch<br>L: Bean burritos, rice & corn<br>S2: Cheese or peanut butter & crackers | 2<br>B: Waffles & milk<br>S1: Dried cranberries<br>L: Pasta in marinara & parmesan cheese<br>S2: Pretzels | 3<br>B: Raisin Bread & milk<br>S1: Nature Valley bar<br>L: Mac & Cheese w/ squash<br>S2: Fruit snacks                              |