



## Menu – February 19-23, 2024

|                            | <b>Monday<br/>February 19</b>  | <b>Tuesday<br/>February 20</b>   | <b>Wednesday<br/>February 21</b>                            | <b>Thursday<br/>February 22</b>  | <b>Friday<br/>February 23</b>   |
|----------------------------|--|--|---|--|---|
| <b>Morning<br/>Snack</b>   | Cherrios<br>Banana<br>Milk   | Cinnamon Oatmeal<br>w/Oatmilk  | Maple Seed Granola<br>Milk                                  | Cheese Grits<br>Water  | Vanilla Yogurt & Berries<br>Water   |
| <b>Lunch</b>               | Sun-Dried<br>Tomato Alfredo<br>Mixed Vegetables<br>Sunkist Oranges<br>Milk | Mushroom Barley<br>Soup<br>Strawberry Spinach<br>Salad w/Balsamic<br>Vinaigrette<br>Milk | Veggie Rice Bowl<br>Roasted Asparagus<br>Pineapples<br>Milk | Smoky Potato<br>Chickpea Stew<br>Honey Glazed Carrots<br>Honeycrisp Apples<br>Milk | Pomodoro Sauce<br>Spaghetti<br>Mince Garlic Green<br>Beans<br>Seedless Grapes<br>Milk |
| <b>Afternoon<br/>Snack</b> | Hummus<br>Wheat Thins<br>Water   | Clementines<br>String Cheese<br>Water  | Plantain Chips<br>Salsa<br>Water                            | Grapefruit Slices<br>Water   | Dried Fruit Mix<br>Water  |

\*Serving sizes and meal components will be in compliance with USDA guidelines