



Menu – February 10-14, 2025

	Monday February 10	Tuesday February 11	Wednesday February 12	Thursday February 13	Friday February 14
Breakfast	Yogurt w/ Strawberries Water	Breakfast Couscous Milk	Homemade Granola with Dried Fruit Milk	Sweet Potato Toast w/ Blueberries Milk	Sweetheart Muffins Milk
Lunch	Black-Eyed Pea Soup Clover Leaf Rolls Cucumber Salad Milk <small>*Recipes from Edna Lewis' The Taste of Country Cooking</small>	Black Beans Roasted Acorn Squash Rainbow Coleslaw Milk	Stir Fry Veggies Rice Oranges Milk	Spaghetti w/ Lemon Caper Sauce Brussels Sprouts Nectarines Milk	Cheesy Potato Casserole Green Beans Strawberries Milk
Afternoon Snack	Hummus Pita Water	Apples Water	Snack Cheese Crackers Water	Bananas Water	Valentine Snack Mix Water

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